

Fuel Your Future: The Science of Nutrition with Bea the Bee

Eat Smart, Grow Strong: Unlock the power of your plate!

- **Carbohydrates** act as the primary fuel source for your body, providing the energy needed for physical activity and brain function.
- **Proteins** are the essential building blocks used for the growth and repair of your muscles, skin, and bones.
- **Fats**, when consumed in moderation, provide a concentrated form of energy and help to protect your internal organs.
- **Vitamins and minerals** are vital micronutrients that support your immune system, helping you to stay healthy and fight off illnesses.
- **Water** is a crucial nutrient that keeps your body hydrated, regulates your temperature, and helps transport other nutrients to your cells.

Did you know? Did you know? Your body is like a high-performance machine! Just as a honeybee needs nectar to power her flight, your body requires a variety of nutrients to keep your brain focused and your muscles moving. Even while you sleep, your body uses energy to keep your heart beating and your lungs breathing.

Key vocabulary: Nutrients · Carbohydrates · Proteins · Fats · Vitamins · Minerals · Balanced diet · Energy