Fuel Your Adventure: The Healthy Eating Guide

Eat Well, Live Well, and Power Your Potential!

- **A balanced diet includes a variety of food groups: carbohydrates for energy, proteins for muscle growth, and vitamins/minerals for keeping your immune system strong.**
- **Fibre is essential for a healthy digestive system; you can find it in whole grains, pulses, and plenty of colourful vegetables.**
- **Drinking water is the best way to stay hydrated; aim for at least 6 to 8 glasses a day to keep your concentration levels at their peak.**
- **Try to limit foods high in added sugar and saturated fats, as these can give you a quick burst of energy but often lead to a 'crash' later on.**
- **Nova the Owl recommends 'eating the rainbow' by choosing fruits and vegetables of many different colours to ensure you get a wide range of different nutrients.**
- **Remember that healthy eating is about balance; enjoying a treat occasionally is perfectly fine as long as the majority of your food is nutritious.**

Did you know? Did you know? Your brain uses about 20% of your body's total energy every day! Eating a variety of foods provides the fuel your brain needs to solve complex maths problems, remember historical facts, and stay creative during art lessons.

Key vocabulary: Balanced diet · Nutrients · Hydration · Energy · Fibre · Portion control