Fuel Your Body: The Science of Nutrition

Eat Well, Grow Strong with Bea the Bee!

- **Animals, including humans, cannot make their own food like plants do, so we must eat plants or other animals to get the energy we need to grow and move.**
- **Nutrients are the special 'building blocks' found in food that help our bodies repair themselves, fight off germs, and stay strong.**
- **Carbohydrates, like bread, pasta, and potatoes, act like batteries for our bodies, giving us the energy to run, jump, and think in lessons.**
- **Protein is essential for building strong muscles and helping our bodies grow taller; you can find it in eggs, beans, fish, and lentils.**
- **Fruit and vegetables are packed with vitamins and minerals, which act like tiny shields to keep our immune system working perfectly.**
- **Water is a vital part of a healthy diet, as it helps our blood carry nutrients around our bodies and keeps us hydrated.**

Did you know? Did you know that just like a honeybee visits many different flowers to gather everything she needs for her hive, humans need a 'rainbow' of different foods to stay healthy? No single food can provide every nutrient our bodies need, which is why eating a variety is so important!

Key vocabulary: nutrition · balanced diet · nutrients · energy · carbohydrates · protein · vitamins · minerals