Fuel Your Future: The Science of Nutrition

Eat Smart, Aim High: Your body is a masterpiece, give it the fuel it deserves!

- **Carbohydrates act as the primary fuel source for your body, providing the energy needed for daily activities and exercise.**
- **Protein is the essential building block for your muscles, helping your body grow and repair tissues after you have been active.**
- **Fats are stored by the body to protect our organs and provide a concentrated energy reserve for when we need it most.**
- **Vitamins and minerals, often found in colourful fruits and vegetables, are vital for keeping our immune system strong and our bones healthy.**
- **Water is a vital nutrient that makes up most of our body weight, helping to transport nutrients and keep us hydrated throughout the day.**

Did you know? Did you know that your body is constantly working, even when you are asleep? Your heart, brain, and lungs all require a steady supply of energy from the food you eat to keep you growing and healthy!

Key vocabulary: Carbohydrates · Protein · Fats · Vitamins · Minerals · Balanced Diet · Energy