

WHERE DOES MY BODY GET ENERGY?



YOUR BODY GETS ITS ENERGY FROM YOUR FOOD.

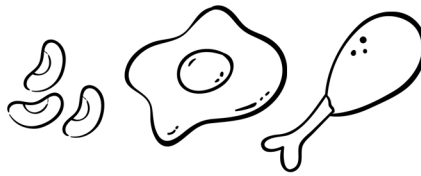
YOUR FOOD CONTAINS SPECIAL NUTRIENTS CALLED **MACRONUTRIENTS**;

THESE ARE THE NUTRIENTS THAT GIVE YOU ENERGY!

COLOR THESE IN AND COME UP WITH MORE IN EACH CATEGORY!

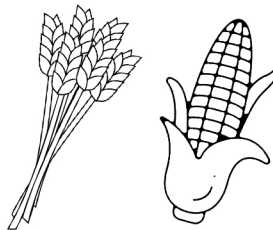
PROTEINS

GIVE YOU ENERGY
& HELP BUILD
STRONG MUSCLES.



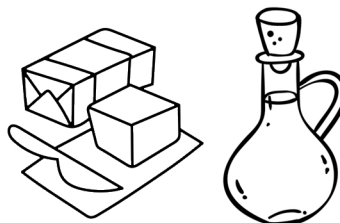
CARBOHYDRATES

GIVE YOUR BODY
LOTS OF ENERGY;
EAT BROWN NOT
WHITE.



FATS

GIVE YOU ENERGY
& HELP GROW A
HEALTHY BRAIN
(YOU ONLY NEED
A LITTLE).



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