

ENERGY

Energy is what helps you do the things you like to do. When you eat or drink, energy goes into your body. And when you do things, you use up energy. To be healthy, you have to balance the energy your body takes in with the energy it uses up.

Food is the fuel and energy source for your body. Some foods give more energy than others.

MEALS

Eating breakfast, lunch, and dinner is important to keep up your energy!

BALANCED DIET

Eating a variety of foods such as fruit, vegetables, grains, beans and proteins helps fuel your body.

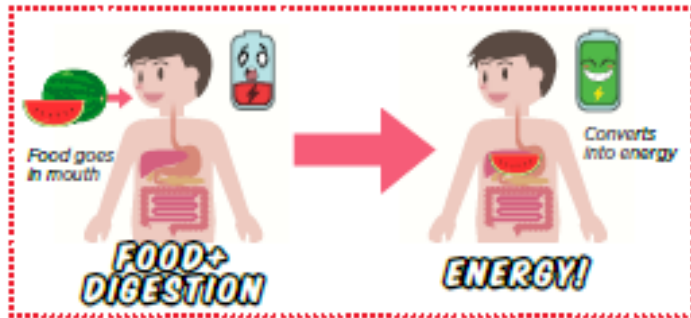


CONVERTING ENERGY



DIGESTIVE SYSTEM - the process by parts of the body to turn food into energy.

METABOLISM - chemical reactions that convert food to fuel to power our bodies.



REST

Your body needs rest to repair itself, to recharge and to grow.

SLEEPING

Sleep gives your body time to rest. Your body uses the time to grow, gives your brain a chance to sort out all its information and prepares you for the next day.



CHILLIN'

Sometimes taking it easy, relaxing or reading a book can help you recharge too.



HYDRATION



WATER

Drinking water helps maintain the balance of body fluids.

Your body needs to be hydrated regularly to keep your temperature normal, to help digest food and to get rid of waste by making PEE and POOP!

HOW MUCH?

The amount you need to drink depends on your age, size and activity level. Drink when you are thirsty. Try 5-10 glasses a day.

If you are exercising, if it is warm or you are sick you will need to drink more water.



DISCUSSION QUESTIONS

When you have lots of energy, how do you feel? What do you do? When you don't have lots of energy, how do you feel? What do you do?

Playing sports uses lots of your body's energy, but sitting playing video games does not. What other kinds of activities use up lots of energy? What kinds of activities do not?

Have you ever felt really sleepy or tired in the middle of the day? What do you do to get your energy back?
