



# Carbohydrates: Your Energy Superpower! ⚡🍞🍏

Hey, energy champions! Did you know that carbohydrates are one of the main fuels for your body? They keep you energised, help you think clearly, and make sure you're ready for anything—running, jumping, and even learning!

## Why Do You Need Carbohydrates?

- ⚡ Energy Boost – Carbs give your body the power to move, play, and stay active!
- 🏃 Super Speed – They help you run faster, jump higher, and play longer!
- 🧠 Brain Fuel – Your brain needs carbohydrates to think, learn, and stay sharp!
- 🛡 Body Strength – Carbs help your body store energy, so you never run out of power!

## Where Can You Find Carbohydrates?

- Fruits & Vegetables 🍏🥕 – Natural energy with vitamins to keep you strong!
- Pasta & Bread 🍞 – Tasty foods that give you long-lasting energy!
- Potatoes & Rice 🥔🍚 – Super filling and packed with power!
- Oats & Cereal 🥣 – Perfect for a strong start to the day!

## Fun Fact! 🌟

Carbohydrates are your body's favourite fuel! The best ones come from whole foods like fruits, veggies, and grains. So next time you need a boost, grab a healthy carbohydrate snack and keep your energy going strong! ✨⚡





# Fantastic Fats: Fuel for Your Body!



Hey, growing champions! Did you know that fats are a SUPER important part of your diet? They help keep you strong, give you energy, and protect your body in ways you never imagined!

## Why Do You Need Fats?



- ⚡ Energy Provider – Fats give your body long-lasting energy to play and grow!
- 🧠 Brain Booster – Your brain LOVES healthy fats—they help you think, learn, and stay focused!
- 🛡️ Body Protector – Fats keep your skin soft, your hair shiny, and even help protect your organs!
- 💪 Vitamin Helper – Some vitamins (A, D, E & K) need fats to work in your body—so you can grow strong and healthy!



## Where Can You Find Healthy Fats?



- Avocados 🥑 – A creamy, delicious way to get good fats!
- Nuts & Seeds 🌰 – Tiny powerhouses packed with healthy fats!
- Olive Oil & Fish 🐟 – Great for your heart, brain and your joints!
- Cheese & Yogurt 🧀🥛 – Keep your bones strong while enjoying tasty fats!

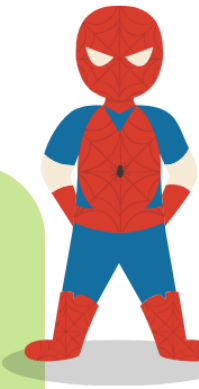


## Fun Fact! 🌟

Did you know that your body needs fat to stay warm? Fats help keep your body cozy, just like a fluffy blanket!

So next time you sit down for a meal, don't be afraid of healthy fats—they help you feel awesome and grow strong! 🌟🥑





# Superpower Protein: Fuel for Growing Bodies!



Hey, future superheroes! Did you know that protein is one of the most important nutrients your body needs? It helps you grow strong muscles, boosts your energy, and keeps you feeling amazing!

## Why Do You Need Protein?

- 💪 Muscle Power – Protein helps build strong muscles so you can run, jump, and play!
- 🧠 Brain Boost – It supports your brain, helping you think, learn, and stay sharp!
- 🛡️ Body Defender – Protein helps your body heal cuts and bruises faster and keeps you from getting sick.
- ⚡ Energy Maker – It gives your body the energy it needs to stay active all day long!

## Where Can You Find Protein?

- Eggs 🍳 – Start your day like a champion!
- Chicken & Fish 🐔🐟 – Helps your muscles grow stronger.
- Beans & Nuts 🥜 – Tiny power-packed bites!
- Milk & Yogurt 🥛 – Keep those bones tough!

## Fun Fact! 🌟

Your hair, nails, and skin are all made of protein! That's why eating enough protein helps keep you looking your best. So next time you sit down for a meal, make sure you add some protein to your plate—it's your secret ingredient to growing up strong and unstoppable! 🌟💪

