Name:_____

Fueling Your Body: The Power of Nutrition

What Is Nutrition?

Nutrition is the process of giving your body the food and nutrients it needs to grow, stay healthy, and work properly. Nutrients are tiny substances found in food that supply energy, build muscles, and protect you from getting sick. Different foods provide different types of nutrients, such as vitamins, minerals, proteins, and carbohydrates. Because no single food contains every nutrient your body requires, eating a variety of foods every day is essential for good health.

The Importance of Balanced Meals

Eating balanced meals helps keep your body strong and your mind sharp throughout the day. A balanced meal includes items from all the main food groups: fruits, vegetables, grains, protein, and dairy. Proteins, like chicken, beans, and eggs, help repair tissues and build strong muscles. Whole grains, such as oatmeal and brown rice, provide long-lasting energy for running and playing. Colorful fruits and vegetables are packed with vitamins that help protect your heart and keep your immune system strong.

Choosing Healthy Snacks

Selecting healthy snacks between meals gives your brain and body extra energy when you need it most. Instead of eating sugary treats like candy or soda, choose nutrient-dense options such as apple slices with peanut butter, yogurt, or fresh carrots. Sugary snacks can cause a sudden spike in energy followed by a quick crash, leaving you feeling tired and grumpy. Healthy snacks provide a steady stream of energy that keeps you focused during school and active during play.

Staying Hydrated for Energy

Drinking enough water is just as important as eating healthy food. Water makes up more than half of your body weight and helps carry nutrients to all of your cells. It also keeps your body temperature normal and helps your brain think clearly. When you play outside or exercise, your body loses water through sweat, which must be replaced. Choosing water instead of sugary juice or soda is the best way to keep your body properly hydrated and energized.

© www.theteachersguide.com

Name:_____

1. What is the main idea of the section "Building Brain Power"?

A. Exercise is the best way to keep your body healthy.

B. Reading every day strengthens your brain and thinking skills.

C. Scientists like to study how children read books.

D. Books contain many pictures that help you understand the story.

2. Which two details from the section "Growing Your Vocabulary" support the main idea that reading helps you learn new words?

A. Books allow readers to travel anywhere without leaving their seats.

B. You encounter new words in books that you might not hear in everyday conversation.

C. Reading helps you understand different places and historical events.

D. When you read new words in stories, you learn what they mean and how to use them.

E. Reading every day makes your arm muscles stronger.

3. Which two facts from the passage support the main idea that reading helps you communicate better with others?

A. Reading creates pictures in your mind.

B. Having a large vocabulary helps you express your thoughts more clearly when speaking and writing.

C. Reading builds empathy by helping you understand how other people feel.

D. Your brain connects letters to sounds when you read.

E. Books can take you to imaginary lands filled with magical creatures.

© www.theteachersguide.com