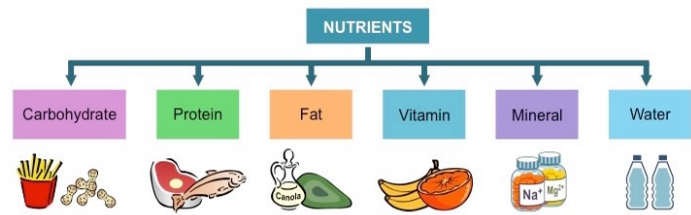


Nutrients

Information sourced from ChatGPT



Have you ever wondered why eating different foods is important for your

body? Well, it's because our bodies need nutrients to grow, stay strong, and work properly. Just like how a car needs fuel to run, our bodies need special types of nutrients to stay healthy and keep us going. Let's dive into the exciting world of nutrients and discover how they help us!

What are Nutrients?

Nutrients are like tiny superheroes that give our bodies the power they need to function. They are like puzzle pieces that fit together perfectly to help us grow, play, and learn. There are different types of nutrients, and each one has a special job to do. Imagine a team of superheroes working together to save the day – that's how nutrients work inside our bodies!

Protein: The Builder:

Protein is like the construction worker of our body. It helps build and repair our muscles, skin, and even our hair. You can find protein in foods like meat, chicken, fish, eggs, beans, and nuts. So, if you want to be strong like a superhero, make sure to eat your protein!

Carbohydrates: The Energy Source:

Carbohydrates are the energy givers! They are like the fuel that keeps us going all day long. Foods like rice, pasta, bread, and fruits are full of carbohydrates. They provide us with the energy we need to run, jump, and have fun with our friends.

Fats: The Protector:

Fats might sound bad, but they're actually important for our bodies. They are like bodyguards, protecting our organs and keeping us warm. You can find healthy fats in foods like avocados, nuts, and olive oil. Remember, just like superheroes have to choose the right tools for the job, we should choose healthy fats to keep our bodies strong.

Vitamins and Minerals: The Helpers:

Vitamins and minerals are like the sidekicks of our nutrient superheroes. They help our bodies work properly and stay healthy. Each vitamin and mineral has a unique role – some help our eyes see clearly, while others keep our bones strong. You can find these amazing helpers in colourful fruits and veggies.

Water: The Ultimate Thirst Quencher:

Water is like a refreshing drink that keeps our bodies hydrated. It helps our muscles move, our brains think, and our skin stays soft. Just like heroes need water to stay strong, we need it to stay healthy and active. So don't forget to drink water throughout the day!

Calcium: The Bone Builder:

Calcium is like the builder for our bones and teeth. It makes them strong and sturdy. You can find calcium in foods like milk, yoghurt, cheese, and leafy green vegetables. Drinking milk and eating dairy products can help make your bones super strong!

Iron: The Oxygen Carrier:

Iron is like the carrier of oxygen in our blood. It helps our red blood cells carry oxygen to all parts of our body. Foods like lean meats, beans, lentils, and spinach are rich in iron. Eating iron-rich foods can make you feel energetic and ready for action!

Fibre: The Digestion Helper:

Fibre is like the cleaner for our digestive system. It helps move food through our bodies and keeps our tummies happy. Fruits, vegetables, whole grains, and beans are packed with fibre. Eating foods with fibre can help you have regular and healthy digestion.

Vitamin C: The Immune Booster:

Vitamin C is like the superhero that boosts our immune system. It helps our bodies fight off germs and stay healthy. Citrus fruits like oranges, strawberries, and bell peppers are full of vitamin C. So, if you want to stay strong and fight off colds, vitamin C is your buddy!

Vitamin D: The Sunshine Vitamin:

Vitamin D is like the sunshine vitamin because our bodies can make it when our skin is exposed to sunlight. It helps our bones grow and stay strong. You can also find vitamin D in foods like fortified milk, eggs, and fatty fish. A healthy dose of vitamin D can keep your bones happy and healthy.

Zinc: The Growth Promoter:

Zinc is like the promoter of growth and healing. It helps our bodies make new cells and heal cuts and scrapes. Foods like meat, poultry, nuts, and whole grains contain zinc. So, if you want to grow big and strong, make sure you're getting enough zinc!

Nutrients are the special ingredients that keep our bodies in tip-top shape. Just like superheroes need their powers to save the world, our bodies need nutrients to grow, play, and learn. Remember to eat a variety of foods to get all the different types of nutrients your body needs. So go ahead, enjoy your meals, stay active, and let these nutrient superheroes work their magic inside you!