

Food For Fuel - Activity Card

Where does our energy come from? -

All the energy we need comes from the food and drink we consume.

Some of that energy is slow releasing and others are fast.

Even when we think we are not doing anything our bodies are still operating. We are still -

- Growing
- Healing
- Breathing
- Thinking

The additional energy we get from the food and drink we consume, allows us to be able to take part in physical activities such as, playing with friends, taking part in sport or walking to school. The more we do the more energy we need.

Nutrition labels show us the energy included in food and drink as calories (kcal or cal). Carbohydrates are a great source of slow releasing energy as they contain starch and help us feel fuller for longer.

Foods which are high in sugar release a burst of energy quickly but are often very unhealthy and leave us feeling tired and hungry. Fruits are a good source of quick energy as they contain natural sugars as well as other vitamins and minerals.

The Challenge -

Have a look at the foods shown, put them in order starting with the food that gives you the shortest burst of energy and finishing with the food that gives you the most amount of energy over the longest period of time.

What other foods can you think of that would provide a healthy source of slow releasing energy?

Extension Home Learning - Food 'v' Fuel



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Bananas



Sweets



Sweet Potato



Chocolate



Eggs



Fizzy Drinks



Wholemeal Bread



Answers: Fizzy Drinks - Sweets - Chocolate - Bananas - Wholemeal Bread - Eggs - Sweet Potato