

Name _____

Energize Your Day: The Magical Connection Between Nutrition and Energy Levels

Short Answer

1. Explain the role of proteins in the body and how they contribute to overall energy levels.
2. How do healthy fats provide sustained energy, and why are they essential for our health?
3. Name one vitamin and one mineral mentioned in the passage that are important for maintaining energy levels, and describe their roles.
4. Why is it important to eat a balanced diet that includes foods from all food groups for optimal energy?
5. How can excessive consumption of sugary snacks and drinks affect energy levels, and why should they be enjoyed in moderation?

