

Name \_\_\_\_\_

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

### Open-Ended Response Questions

1. Share a personal example of a time when you experienced a noticeable difference in your energy levels due to your food choices, and explain the impact it had on your day.
2. Imagine a day where someone consumes only sugary snacks and drinks. Describe the potential energy highs and crashes they might experience throughout the day, and suggest healthier alternatives to maintain energy.
3. Discuss the importance of staying hydrated for athletes and individuals who engage in physical activities, and explain how dehydration can impact their performance.
4. Create a sample daily meal plan that includes a balanced diet with diverse nutrients to help maintain steady energy levels throughout the day.

