

Name _____

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

Short Answer Key

1. Proteins play a role in growth and repair of tissues, and they can provide energy when carbohydrates are scarce.
2. Healthy fats provide sustained energy by being a slow-burning source of fuel. They are essential for overall health because they help absorb certain vitamins.
3. One possible answer: Vitamin B12 helps the body use carbohydrates for energy, and iron transports oxygen to cells, maintaining energy levels.
4. Eating a balanced diet with foods from all food groups ensures that the body receives diverse nutrients needed for optimal energy production and overall health.
5. Excessive consumption of sugary snacks and drinks can lead to energy spikes followed by crashes. They should be enjoyed in moderation to maintain stable energy levels.

