

Name \_\_\_\_\_

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

### Open-Ended Response Answer Key

1. Answers will vary but may include personal experiences of feeling more energetic after consuming a balanced meal compared to a high-sugar meal.
2. In a scenario where someone consumes only sugary snacks and drinks, they might experience initial energy highs followed by crashes and fatigue. Suggested alternatives include incorporating whole foods, fruits, and lean proteins into their diet.
3. Staying hydrated is crucial for athletes as it helps regulate body temperature, transport nutrients, and remove waste products. Dehydration can lead to decreased performance and an increased risk of heat-related illnesses.
4. A sample daily meal plan could include options like oatmeal with fruits and nuts for breakfast, a grilled chicken salad for lunch, a yogurt and vegetable snack, and a dinner of baked salmon with quinoa and steamed broccoli.

