



*The nutrients that are in fruits and vegetables are important in keeping you healthy and strong.*

## The Superheroes: Nutrients

Did you know that inside your body, there are tiny superheroes working hard every day to keep you strong and healthy? These superheroes are called nutrients. Nutrients come from the food we eat, and each one has a special job to do.

First, we have carbohydrates, the energy superheroes. They give you the power to run, play, and think. Imagine carbs as tiny batteries that keep you charged up all day long. Foods like bread, rice, and fruits are packed with carbs.

Next, meet the proteins, the building superheroes. They help you grow strong muscles, repair your body, and keep you healthy. Think of proteins as little builders fixing and building your body every day. You can find them in foods like meat, beans, and nuts.

Don't forget the fats, the superhero protectors! They keep your brain and heart healthy and give you extra energy. Foods like cheese and fish are full of good fats.

Vitamins and minerals are like the superhero helpers. They don't give you energy or build your body, but they make sure everything runs smoothly. Vitamins keep your eyes sharp and your immune system strong. Minerals like calcium make your bones as strong as steel.

So, next time you eat, remember you're fueling your body with superhero nutrients! Eating a variety of foods makes sure all your superhero teams are strong and ready to help you conquer the day.