



Lesson 2 / Stage 1

Name _____ Date _____

FUELING THE BODY

Before exercise, it's important to eat and drink well - it's a bit like putting petrol in your car before a long road trip - you don't want to run out of fuel! You are driving to your sports game, what healthy snacks and drinks will give you lots of energy? Fill up the car with drawings of pre-game snacks.

