

# Food is fuel

Your body needs fuel (**energy**) in the same way that a car needs fuel to work.

When you eat your body breaks down food into smaller pieces with the help of your teeth. When it reaches your stomach, chemicals called digestive enzymes are released to break it down into tiny bits of energy (**or fuel**) to help it travel into the blood stream.

Your blood then transports this energy all over the body, giving it the goodness, it needs to stay fit and healthy. You use the energy to run around, be active, play with your friends and grow. If you don't use up the energy that your food gives you it turns into fat and gets stored in your body.

**Use the following words in red, to complete the sentences below:**

**destination, food, shrinks, too full, too much, bigger, fuel, fat cells, grow, lots of exercise**

If a car has too little \_\_\_\_\_ it will never start. In the same way if a person does not eat enough \_\_\_\_\_ they will not have energy to go to school or to visit their friends.

If a car has too much energy it will be \_\_\_\_\_ and will not be able to move. If people eat \_\_\_\_\_ food than their body needs it can get heavier over time, making it difficult to exercise.

If a car gets the right amount of fuel it will reach its \_\_\_\_\_ the same as children who get just the right amount of food and who do \_\_\_\_\_ will have enough energy to be busy at school, play with friends and stay at a healthier weight.

The difference between a car and the human body is that a car will not grow \_\_\_\_\_ if it has too much fuel or the wrong type of fuel, it simply won't work. If your body gets too much food (fuel) it begins to grow bigger. When your body takes in more fuel than it needs it stores it in \_\_\_\_\_.

When you eat unhealthy foods and spend too much time watching the television the fat cells \_\_\_\_\_ and your body becomes bigger. When you eat healthy foods and do more exercise the fat cells \_\_\_\_\_ and your body becomes thinner.

