

Kellogg's

head starters



Find out what different foods do for you.

Have you ever wondered what athletes eat to keep their bodies in tip-top shape? They need energy foods to help them 'get up and go', and foods to help them grow strong bones and muscles. In short, they need a balanced diet – one that provides the right balance of nutrients to help the body to grow and be active. Our bodies need lots of these nutrients, but you can't get them by just eating one type of food, and so you have to eat a variety of foods. To show you what we mean, we've put some of your favourite foods into 'Go', 'Grow' and 'Glow' groups.

Breakfast cereal, bread, potatoes, pasta and rice give us energy to get up and go – 'Go' foods

All of these foods contain the nutrient carbohydrate which provides our bodies with energy needed to run, swim, jump and cycle, as well as B vitamins, which help convert food into the energy needed by our muscles.

Milk, cheese, yoghurt, chicken, fish, eggs and baked beans help us grow strong bones and muscles – 'Grow' foods

All of these GROW foods contain protein, a nutrient which is important when you are growing or when you need to repair a wound or injury. Foods that help build strong bones also contain calcium, whereas other 'Grow' foods provide us with iron which is important to keep our blood healthy.

Apples, bananas, grapes, pure fruit juice, raisins, broccoli, carrots, peas, sweetcorn and tomatoes help us feel good and fight illnesses – 'Glow' foods

Fruit and vegetables are important for everyone. Fresh, dried, tinned or cooked from frozen – they are all great choices! This group contains nutrients such as Vitamin C, Vitamin E and minerals like potassium - important for fighting off coughs and colds as well protecting your heart from damage and disease.

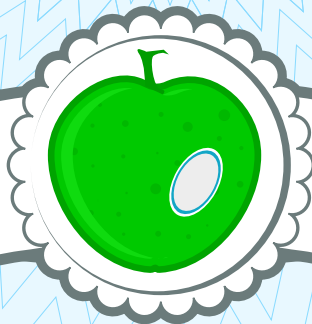
IN THE FIELD OF SCIENCE AND DISCOVERY,

.....

HAS BEEN AWARDED THIS CERTIFICATE IN RECOGNITION OF THEIR
OUTSTANDING PERFORMANCE AND DEDICATION IN COMPLETING THE
EXPERIMENTS AND TASKS FOUND IN



YOU HAVE LEARNED HOW THE RIGHT FOOD CAN KEEP YOU HEALTHY



Kellogg's
head starters

KELLOGG'S HEAD STARTERS IS PACKED FULL OF FUN LEARNING
ACTIVITIES TO GIVE YOUR BRAIN A BOOST

IT'S CONSTANTLY GROWING TOO, SO GO REGISTER NOW AT
WWW.KELLOGGS.CO.UK/HEADSTARTERS

