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# YOUTH HEALTH BULLETIN

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## EATING RIGHT FOR PHYSICAL ACTIVITY

JUST LIKE  
A CAR...  
YOUR  
BODY NEEDS  
**FUEL!**



**T**hink about a car. A car needs gasoline to help it to run and if there is no gasoline then the car will not go anywhere! Our bodies work like that too. We have to keep them filled up with food. The more nutritious the food we eat, the more energy we have to do physical activities.

### Carbohydrates

The main sources of energy for physical activity is carbohydrates. Carbohydrates can be found in a variety of different foods. The healthiest carbohydrates are those that come from whole grains, fruits, and vegetables.

### Protein

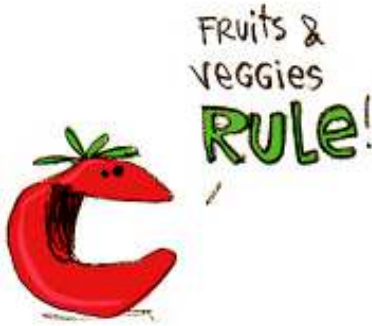
Another important nutrient when it comes to physical activity is protein. Protein helps the body build tissues like muscle. Protein can be found in meat, poultry, fish, dairy products, and beans.

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## Fat

Fat is another nutrient needed by the body. Too much fat from foods like cookies, cakes, pies, and some fast foods can be unhealthy. The body does need some fat! Good fats can be found in fish, nuts, and seeds.



## Not all foods are the same!

If all you eat are foods high in sugar such as soda, candy bars, and ice cream, or foods high in bad fat such as fries and potato chips, your body may not be able to do all the activities you would like.

## When should I fuel up?

A healthy breakfast is important to get you going. At night, you go eight hours without food. Can you imagine going eight hours during the day without food? That would be hard. Eat breakfast every day and choose a variety of foods.

Healthy snacks will give you energy in the afternoon. However, eating too close to the start of physical activities could make you feel sick, so eat a few hours before you participate in activities.

## QUIZ

### Fill in the blanks:

\_\_\_\_\_ can be found in meats, poultry, fish, and dairy products. Good fats can be found in \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

A healthy \_\_\_\_\_ is important to get you going! The main source of energy for physical activity is \_\_\_\_\_.

## PHYSICAL ACTIVITY

### HORSE (basketball game)

Horse is a great game for young and old since it requires shooting skill rather than stamina and athleticism.

**How to Play:** Players line up. The first player takes a shot. If he misses, he goes to the end of the line. If he makes the basket, the next player must make the same shot. If the second player misses, he gets an "H," and it is the next player's turn to announce a shot and try to make it. Each time a player fails to make a shot that his predecessor made, he gets another letter until someone has spelled "horse." At that point the player is out. The other players continue play until only one player is left.



Adapted from the *Fuel Up With Food* youth health lesson

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**HEALTH  
BULLETIN**  
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