

Carbohydrates

Carbohydrates are mainly used by body as fuel. Digestion breaks them into a simple sugar called glucose. This is carried in the blood to provide energy for all our body parts.

An athlete must eat plenty of carbohydrate before a race to provide the energy needed.



Proteins

Proteins perform many important jobs in the body. Your body needs them to grow, and to make repairs when it is damaged.



Fats

The body needs some fat to build its parts and keep them working properly. Fat can also be used as fuel, for energy. Surplus fat is stored under our skin as a reserve fuel supply.

Take care! Eating too much fat can make you gain weight or become obese. As you get older too much fat can damage your heart.

