

Power In... Power Out.



THE ENERGY BALANCE

THE
SUN
SENDS
ENERGY
TO
PLANTS



Here's the idea:

When we eat, our bodies break down the food and chemically change it to make it usable for our needs. Some of it gets turned into the stuff that builds our bodies but much of it is burned to produce energy. We use this energy to power our bodies and for our everyday movements like breathing, walking and talking.

We can measure how much energy we get from different foods. Just as we use a "mile" to measure distance and a "pound" to measure weight, we use a "calorie" to measure food energy. Every day you take in calories from the food you eat and burn them when you move.

If you eat more calories than you burn, you will likely start to gain weight. If you burn more calories than you eat, you will likely start to lose weight. The trick is to balance the amount of food you eat to the amount your body uses to move and grow strong.

PLANTS
CHANGE
THE
ENERGY
INTO
FOOD TO
POWER
PEOPLE



www.KidsGrowingStrong.org