

It is important that we fuel our body properly because energy comes from the foods we eat. Just like a vehicle runs off of the fuel we fill it with, if we put the wrong kind of fuel into our body, it will not run properly. Put the right kinds of foods in, and it will run like the high-performance engine in an expensive sports car!

QUESTIONS FOR REFLECTION:

Q. How would you rate your nutrition? Is it good? Do you pay much attention to it? Is good nutritional health a strength or weakness?

Q. If your body were a car, how would a mechanic rate the fuel you're using?

Q. Have you ever thought that since you aren't overweight you don't need to think about nutrition? If so, in what ways might this be hindering your health?

Q. When was the last time you spoke with a professional about your nutritional plan? Is it time to get back in for a visit? _____

