



The Energy of Food Throughout the Day

OBJECTIVE

Notice how different foods provide **quick, moderate, or prolonged energy**, and learn to recognize patterns that influence **energy, attention, and well-being** throughout the day.

YOUR MISSION

Record **everything you ate yesterday** and classify each food according to the type of energy it provides.

Step 1 – Maintenance record

Fill in the table:

Meal / Snack	Food	Power Type
		☐ rapid ☐ moderate ☐ prolonged
		☐ rapid ☐ moderate ☐ prolonged
		☐ rapid ☐ moderate ☐ prolonged

(Fast energy: simple sugars;
moderate energy: simple combinations;
Prolonged Energy: Fiber + Protein +Healthy Fat)

Step 2 - Watch your day

Answers:

1. **At what time of day did you have a power outage?**
(e.g., mid-morning, mid-afternoon, end of the day)

2. **What had you eaten before that crash?**



Step 3 - Smart Swap

Think of an alternative:

- What **clever exchange** could have given a more stable energy?
(e.g. fruit + yoghurt instead of biscuits; whole wheat bread + olive oil instead of white bread)

MY EXCHANGE:

FINAL REFLECTION

Answer individually:

1. What have you learned about the relationship between **what you eat and your energy**?

2. What small change could you try tomorrow to feel better throughout the day?

FOODWISELAB TIP

Foods that combine **fibre, protein, and healthy fats** help keep energy more stable and prevent sudden breakdowns.