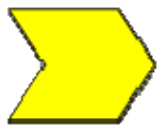


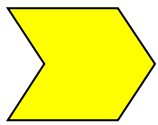


# Carbohydrate



**Just like some toys get their energy from batteries, your body needs energy to breath, move, play, and think.**

## Where do we get our energy?



**Carbohydrates are the body's main source of energy.**

## Champion Sources are:

