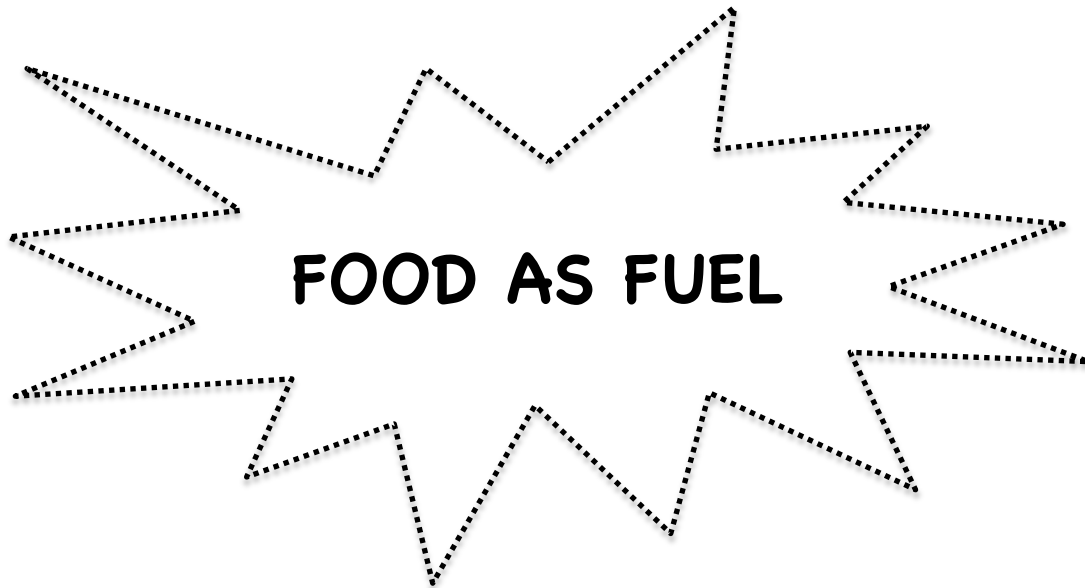


Fill up the petrol dispenser with food pictures



What you eat and drink gives your body the energy it needs for the important processes of life, like breathing or growing.



But it also gives us energy for activities like walking, running or just talking. You use energy all the time. The more active you are, the more energy you use.

