



Your Energy Line

OBJECTIVE

Help you understand how **energy varies throughout the day** and how **food choices** influence focus, mood and well-being.

YOUR MISSION

For **2 days**, observe your energy level and relate it to what you eat and your day.

Step 1 — Draw the Day Line

In your notebook:

- Draws a horizontal line from **7 a.m. to 11 p.m.**
- This will be your **energy line**.

Step 2 — Dial the energy

Throughout the day, use different colours to mark:

-  **Full of energy**
-  **Average Energy**
-  **Power Breakdown**

Marks the corresponding moments on the line.

Step 3 - Record what you ate

Next to each brand, he writes:

- **Time**
- **What you ate or drank**

Example:

10:30 a.m. — white bread + juice

4:00 p.m. — natural yogurt + fruit



Step 4 - Look for patterns

At the end of the 2 days, he answers:

- What gave you **more focus and stable energy**?
- At what moments did the **power outages** appear?
- Which food choices seem to have helped the most?

FINAL REFLECTION

What would you change in your day to have **more energy over time**, not just quick spikes?

FOODWISELAB TIP

Energy depends not only on the quantity of food, but on the **quality**, the **combination of food** and the **regularity of meals**.