






## Why This Matters

Food is fuel for your body and mind. What you eat affects your mood, energy, and ability to learn.

## Smart Eating Tips

-  Eat a colourful variety of fruits and veggies
-  Drink plenty of water throughout the day
-  Don't skip breakfast – it helps your brain start the day
-  Avoid too much sugar or fast food
-  Follow the sunnah of moderation and gratitude

## Islamic Reminder

*“Eat and drink, but be not excessive. Indeed, He likes not those who commit excess.” (Qur’an 7:31)*

**Good food = Good focus = Good grades!**