



YOUR BODY

DID YOU KNOW?
all parts of your body
work together,
no one part
works alone

*Eating more
fruit and veg
is a great way of
giving your immune
system a boost.*

*Being active is
good for the mind
it can make you
happy and help
you concentrate.*

Brain

fish, berries, broccoli
and water are good
for memory and
concentration

Heart

play with your
friends, family or pets
to give your heart
a workout

Liver

eating food like
garlic, spinach or
grapefruit help it to
perform its duties

Lungs

get some fresh air
as often as you can
to keep your lungs
healthy

Digestive system

eating foods with lots of
fibre, like fresh veg
and whole grains, helps
to keep it healthy

Kidneys

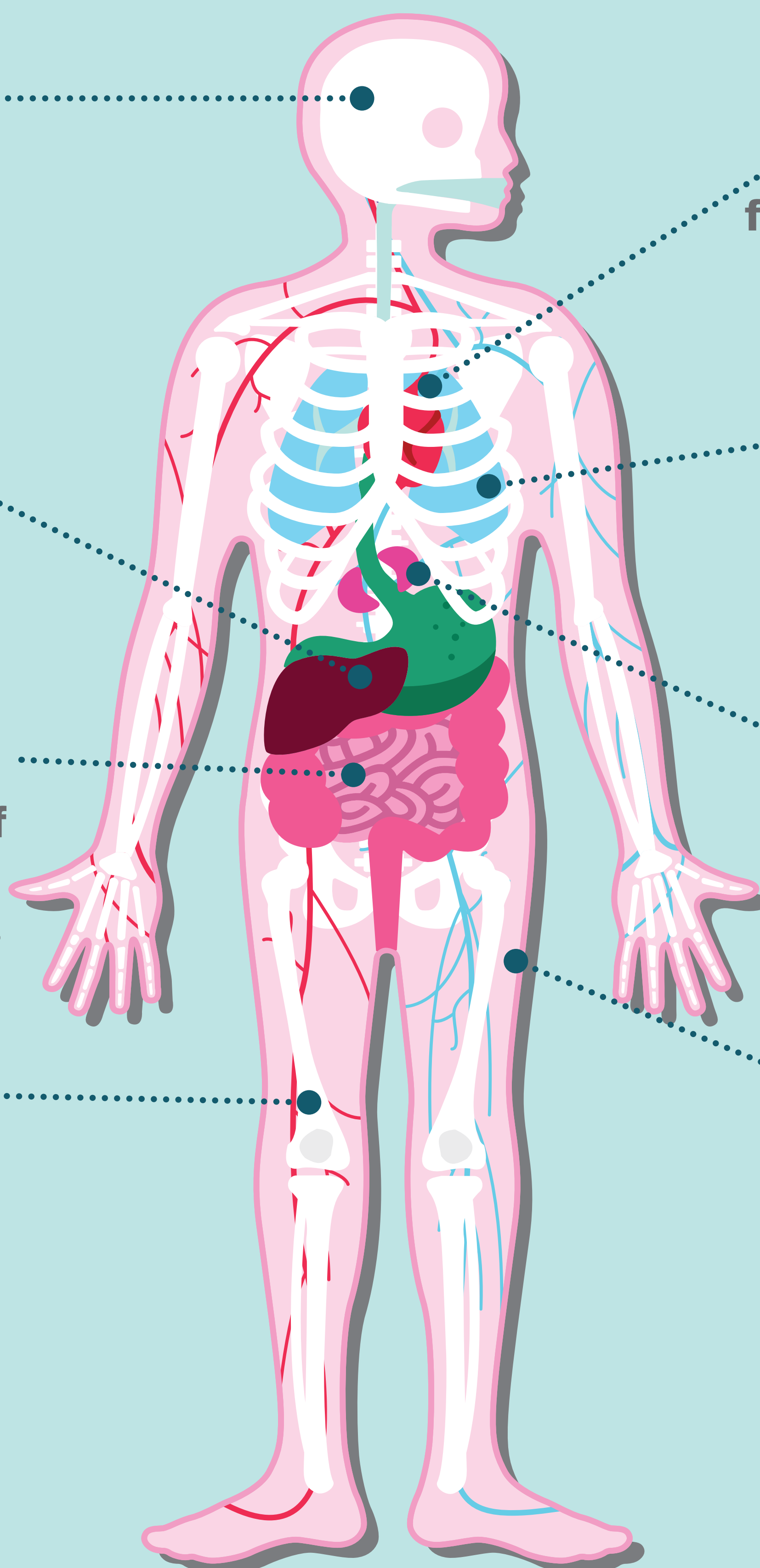
drink lots of water
and eat less salty
foods to keep
these healthy

Skeleton

eat and drink lots of
calcium (yoghurt, milk
and spinach) to make
this stronger

Muscles

lots of exercise
helps to make
these strong



FAB TOP TIPS

- be active every day, it's great for your muscles, bones, heart, lungs and mind
- gardening, tidying your room and taking the stairs all count as being active