

BRAIN

POWER PANTHER SAYS **EAT SMART. PLAY HARD.**

HEALTHY FOOD CHOICES FROM THE FOOD GUIDE PYRAMID AND
VIGOROUS EXERCISE HELP JUMP START YOUR BRAIN!

You use your brain to make important choices. Every day your brain...

- * helps you choose healthy foods from each Food Guide Pyramid group.
- * lets you choose to play hard.

Your parents or another adult may help you make these choices now, but as you get older, YOU will make these important choices by yourself. That is why it is important for you to learn to make healthy choices now.

DO YOU REMEMBER THE PYRAMID'S 5 FOOD GROUPS?

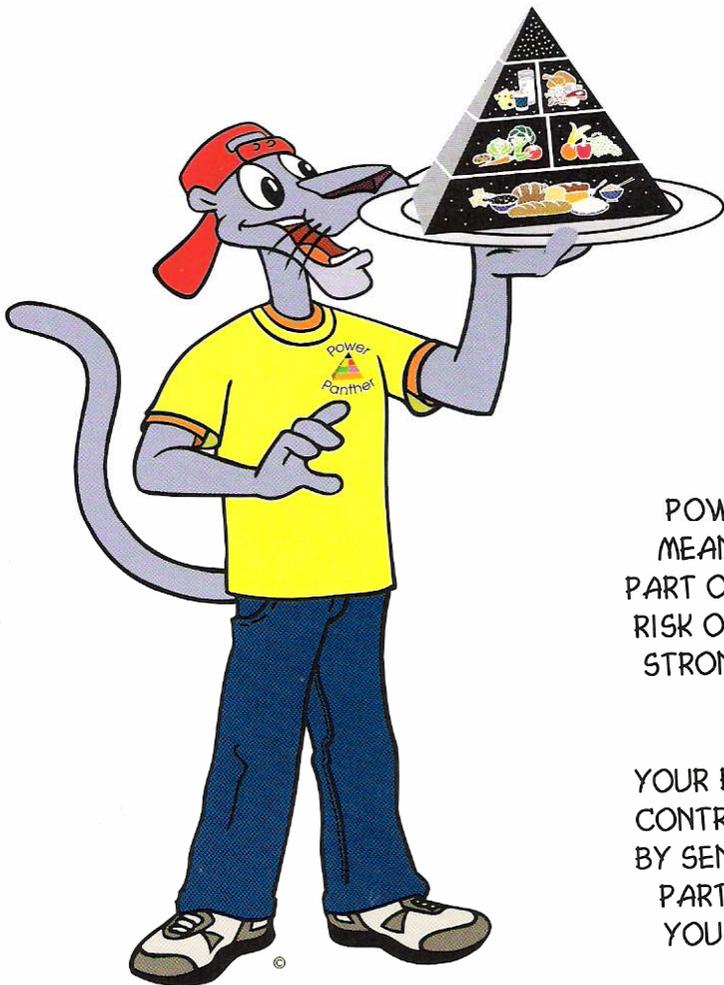
MEAT GROUP

DAIRY GROUP

FRUITS

VEGETABLES

BREAD, CEREAL & GRAINS



POWER PANTHER TELLS US TO PLAY HARD. PLAYING HARD MEANS YOU ARE PHYSICALLY ACTIVE. PHYSICAL ACTIVITY IS PART OF GOOD HEALTH. BEING PHYSICALLY ACTIVE REDUCES THE RISK OF CERTAIN DISEASES, ENCOURAGES YOUR BONES TO GROW STRONGER, HELPS YOU MAKE BIGGER MUSCLES AND KEEPS YOUR BODY FROM STORING TOO MUCH FAT.

YOUR BRAIN SENDS MESSAGES TO ALL PARTS OF YOUR BODY AND CONTROLS EVERYTHING YOUR BODY DOES. THE BRAIN DOES THIS BY SENDING IMPULSES, SIMILAR TO ELECTRICAL CURRENT, TO ALL PARTS OF YOUR BODY. DIFFERENT PARTS OF YOUR BRAIN LET YOU THINK, TALK, REMEMBER, MOVE, SEE, TASTE AND SMELL.

DID YOU KNOW...

THE HUMAN BRAIN WEIGHS ABOUT **3** POUNDS.

THE BRAIN IS MADE UP OF NERVE CELLS CALLED NEURONS. THERE ARE ABOUT **10,000 MILLION** NEURONS IN YOUR BRAIN!



Who am I?

- I AM GREEN AND TREE SHAPED.
- I AM IN THE VEGETABLE GROUP.
- I AM HIGH IN VITAMINS A & C.



Your head is important. It tells your body what to do. It says wearing a helmet is the best for you.

POWER POINTS...

STUDENTS YOUR AGE NEED **1 HOUR** OF PHYSICAL ACTIVITY EVERYDAY. POWER PANTHER IS CHECKING HIS WATCH TO BE SURE HE IS ACTIVE FOR AN ENTIRE HOUR!

