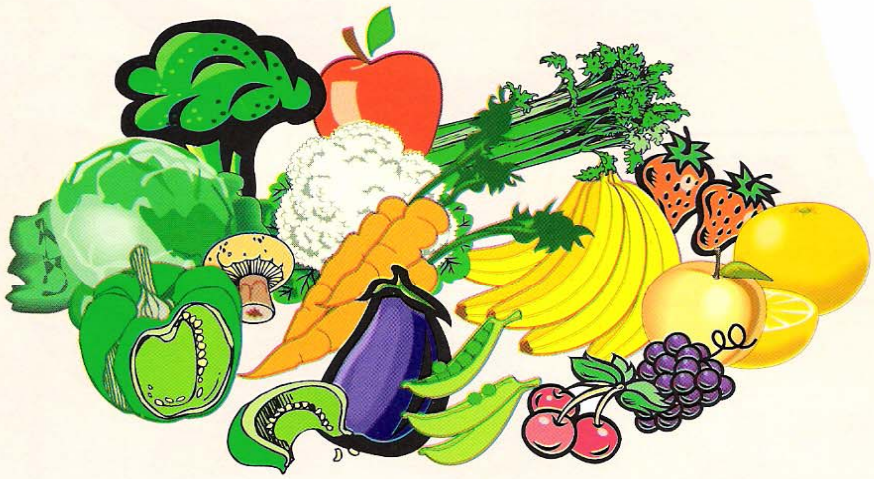
* Skin *

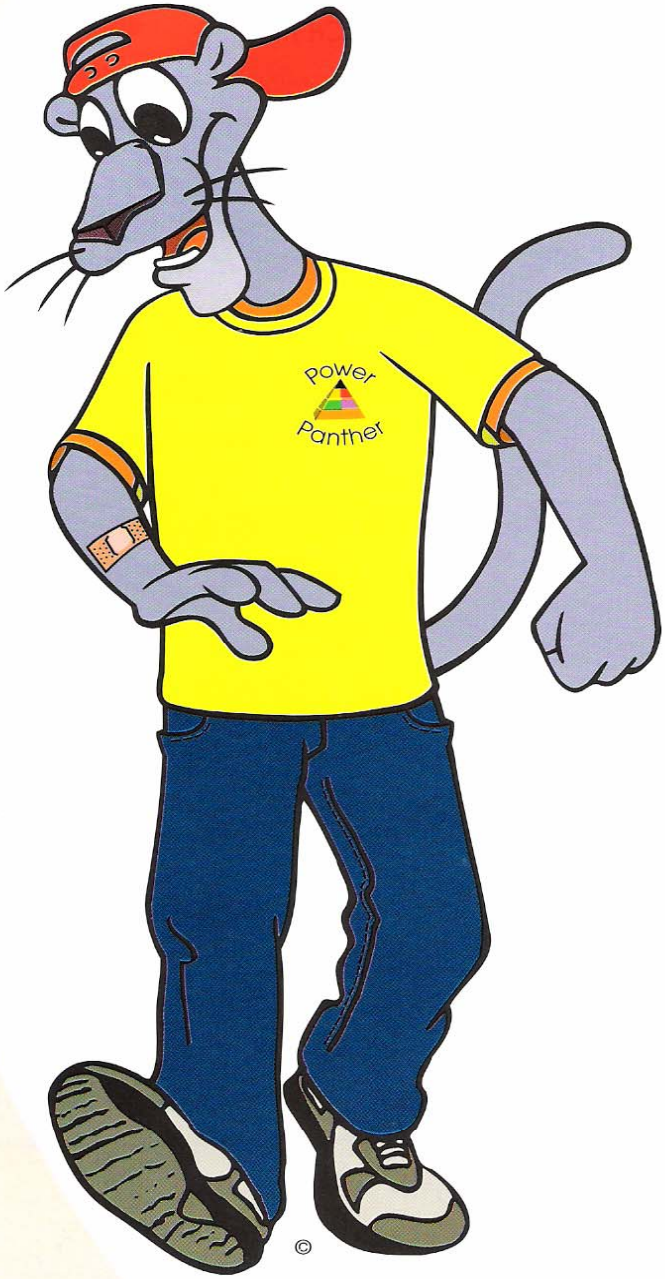
POWER PANTHER SAYS **EAT SMART.**

NUTRIENTS WE GET IN OUR FOOD HELP THE SKIN HEAL.

SKIN IS A PROTECTIVE COVERING FOR THE BODY. IT IS LIVING TISSUE THAT CAN REPAIR ITSELF. IT IS IMPORTANT TO TAKE GOOD CARE OF THE SKIN ON THE INSIDE AND ON THE OUTSIDE.

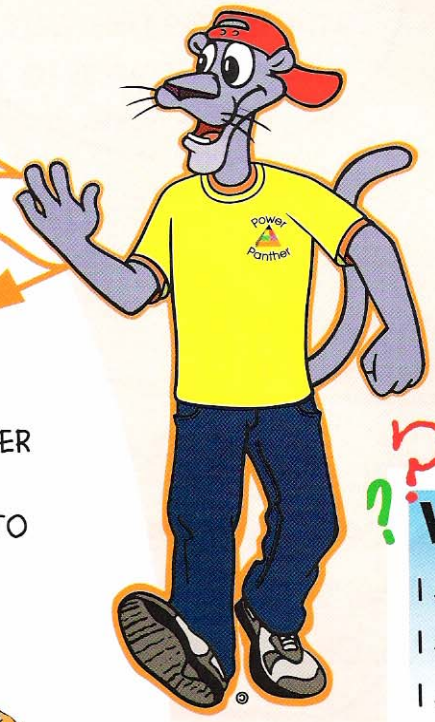
WHAT YOU EAT AFFECTS HOW HEALTHY YOUR SKIN IS ON THE INSIDE. **FRUITS AND VEGETABLES** WITH VITAMIN C ARE IMPORTANT FOR HELPING THE SKIN TO HEAL. FOODS LIKE ORANGES, GREEN PEPPERS, STRAWBERRIES, BROCCOLI AND TOMATOES HAVE A LOT OF **VITAMIN C**. THE BODY DOESN'T STORE VITAMIN C SO YOU NEED TO EAT FOODS WITH VITAMIN C EVERY DAY.





POWER PANTHER SAYS **PLAY HARD.**

OUTDOOR EXERCISE HELPS BUILD A STRONG BODY.
BUT BE SURE TO PROTECT YOUR SKIN FROM THE SUN.



IT'S A GOOD IDEA TO WEAR **SUNSCREEN** WHENEVER YOUR SKIN IS EXPOSED TO THE SUN.
YOU CAN ALSO WEAR A BIG HAT OR LONG SLEEVES TO **PROTECT YOUR SKIN** FROM SUN DAMAGE.

Who am I?

I AM RED AND ROUND.
I AM JUICY.
I AM HIGH IN VITAMIN C.

TOMATO

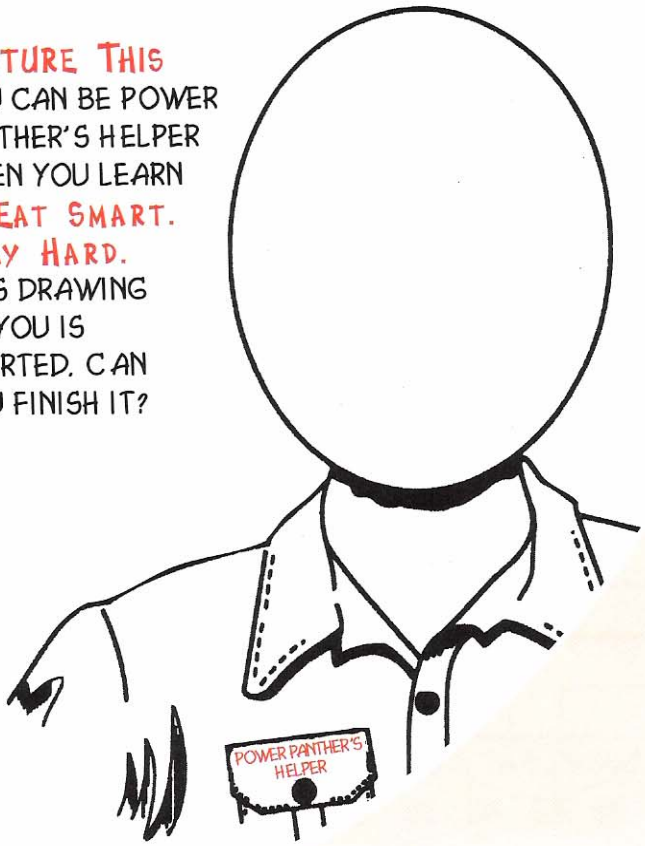
THERE ARE OTHER IMPORTANT WAYS TO PROTECT YOUR SKIN:

- WASH HANDS OFTEN.
- AVOID CUTS, SCRAPES AND BRUISES.
- KEEP CUTS CLEAN AND COVERED.

DID YOU KNOW...

RIGHT NOW YOUR FACE HAS **2 MILLION** BACTERIA LIVING ON IT.

PICTURE THIS
YOU CAN BE POWER PANTHER'S HELPER WHEN YOU LEARN TO **EAT SMART. PLAY HARD.** THIS DRAWING OF YOU IS STARTED. CAN YOU FINISH IT?



POWER POINTS...

VITAMIN C HELPS THE SKIN HEAL ITSELF.
FOODS LIKE ORANGES, GREEN PEPPERS, STRAWBERRIES, BROCCOLI AND TOMATOES HAVE A LOT OF VITAMIN C.
SUNSCREEN HELPS PROTECT YOUR SKIN.