

Small Intestine

POWER PANTHER SAYS EAT SMART.

IN THE SMALL INTESTINE FOODS ARE BROKEN INTO SMALL PARTS CALLED **NUTRIENTS** AND THE NUTRIENTS TRAVEL TO ALL PARTS OF YOUR BODY.

IN THE SMALL INTESTINE FOOD IS SQUEEZED ALONG LIKE TOOTHPASTE IS SQUEEZED THROUGH A TUBE. THE PIECES OF FOOD BROKEN DOWN IN THE STOMACH BECOME EVEN SMALLER. THESE TINY PIECES OF FOODS ARE CALLED NUTRIENTS.

TINY HAIR-LIKE VILLI HELP THE NUTRIENTS MOVE THROUGH THE WALLS OF THE INTESTINE INTO THE BLOODSTREAM. THE VILLI PROVIDE MORE SURFACE AREA THAN IF THE INSIDE OF THE INTESTINE WAS FLAT. BECAUSE THERE'S MORE SURFACE AREA, YOU CAN ABSORB THE NUTRIENTS FROM FOOD BETTER AND FASTER. THE NUTRIENTS GET BETWEEN THE VILLI AND THEN GO THROUGH THE INTESTINAL WALL INTO THE BLOOD STREAM. VILLI ARE LIKE DOORS IN THE WALLS OF THE INTESTINE. NUTRIENTS MOVE THROUGH THE WALLS OF THE SMALL INTESTINE AND THEN TRAVEL IN THE BLOODSTREAM TO ALL PARTS OF THE BODY.

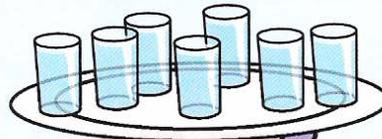
**NUTRIENTS HAVE MANY DIFFERENT JOBS IN THE BODY.
THEY GIVE YOU ENERGY, HELP YOU GROW AND HELP YOU HEAL.**

THIS PICTURE SHOWS THE SMALL INTESTINE FULL OF TINY PIECES OF FOOD. THE NUTRIENTS FROM THE FOOD ARE PASSING THROUGH THE SMALL INTESTINE INTO THE BLOODSTREAM. THE NUTRIENTS WILL TRAVEL IN THE BLOOD TO ALL PARTS OF THE BODY.



POWER PANTHER SAYS PLAY HARD.

DRINK PLENTY OF WATER. WATER IS AN IMPORTANT NUTRIENT NEEDED DURING EXERCISE. WATER HELPS CARRY NUTRIENTS AWAY FROM THE SMALL INTESTINE TO OTHER PARTS OF THE BODY.



FOR NUTRIENTS TO BE ABSORBED IN THE BODY, A LOT OF WATER IS NEEDED. WATER ALSO HELPS THE NUTRIENTS MOVE TO ALL PARTS OF YOUR BODY. EVERY DAY YOU NEED AT LEAST **8**

GLASSES OF WATER. JUICE, SODA POP AND OTHER DRINKS ARE NOT SUBSTITUTES FOR WATER.

FOR YOUR SMALL INTESTINE TO BE HEALTHY, YOU ALSO NEED FIBER IN YOUR DIET. YOU GET FIBER FROM EATING LOTS OF FRUITS, VEGETABLES AND WHOLE GRAINS.



A BANANA

FIND THE 14 HIDDEN FRUITS AND VEGETABLES BELOW.

B F S E S E N U R P
R C Q L S R P E A R
O H U P B A N A N A
C P A P Y R E L E C
C S S A Y A M S T E
O A H E G N A R O K
L E C A R R O T S I
I P G R A P E S K W
B E G G P L A N T I

AFTER YOU HAVE FOUND ALL 14, CHECK THE CORRECT ANSWERS BELOW.

I	L	N	V	A	N	T	B
W	K	S	E	P	A	F	I
I	S	C	A	R	R	O	L
K	O	E	G	N	A	R	O
E	S	A	V	A	W	S	C
C	P	A	P	Y	R	E	C
A	N	A	N	A	N	A	O
R	L	S	R	P	E	A	R
P	S	E	N	U	R	P	B

DID YOU KNOW...

THE SMALL INTESTINE IS ABOUT **22 FEET** LONG.

POWER POINTS...

SIXTY PERCENT OF YOUR BODY IS WATER AND YOU MUST CONSTANTLY REPLACE IT. YOU LOSE WATER WHEN YOU EXERCISE AND PERSPIRE SO IT'S PARTICULARLY IMPORTANT TO DRINK LOTS OF WATER WHEN YOU'RE RUNNING AND PLAYING.

