

STOMACH

POWER PANTHER SAYS **EAT SMART.**

DIGESTION BEGINS IN THE MOUTH AND CONTINUES IN THE STOMACH AND SMALL INTESTINE.

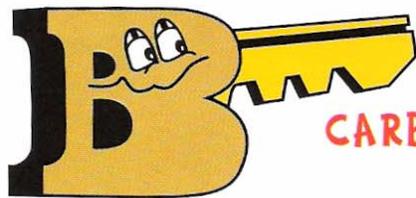
DIGESTION MEANS "TO DIVIDE". WHEN FOOD IS DIGESTED IT IS DIVIDED, OR BROKEN UP, INTO SMALLER AND SMALLER PARTS SO THE BODY CAN USE IT. IN THE STOMACH, SEVERAL SETS OF MUSCLES HELP GRIND THE FOOD INTO SMALL PIECES AND DIGESTIVE JUICES HELP BREAK THE FOOD APART. THE STOMACH IS LIKE A STRETCHY BAG THAT HOLDS THE FOOD AFTER IT IS EATEN. WHEN THE STOMACH IS EMPTY, IT SHRINKS LIKE A BALLOON WITHOUT AIR.

YOU NEED TO EAT FOODS FROM EACH OF THE 5 MAIN **FOOD GUIDE PYRAMID** GROUPS. EACH PYRAMID GROUP GIVES YOU DIFFERENT BUILDING BLOCKS YOUR BODY NEEDS. THESE BUILDING BLOCKS ARE CALLED NUTRIENTS. YOUR BODY NEEDS DIFFERENT NUTRIENTS FOR DIFFERENT JOBS IN THE BODY.



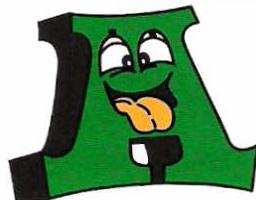
PROTEIN IS A NUTRIENT FROM THE MEAT AND DAIRY GROUPS.

CALCIUM IS A NUTRIENT FROM THE DAIRY GROUP.



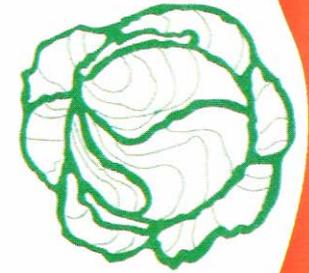
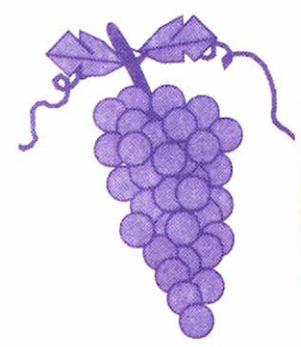
THE GRAIN GROUP PROVIDES **CARBOHYDRATES AND VITAMIN B.**

THE FRUIT AND VEGETABLE GROUPS PROVIDE **VITAMINS A & C.**



DID YOU KNOW...

IF YOUR STOMACH COULDN'T STORE FOOD, YOU'D HAVE TO EAT ABOUT EVERY **20** MINUTES. FOOD CAN SLOSH AND CHURN IN YOUR STOMACH FOR UP TO 4 HOURS. THAT'S A LOT OF GURGLING. AN AVERAGE MAN EATS **33 TONS** OF FOOD IN A LIFETIME-- ABOUT THE WEIGHT OF 6 ELEPHANTS. **!!**



POWER POINTS...

SOMETIMES YOUR STOMACH CHURNS WHEN THERE IS NOT MUCH FOOD IN IT. THEN THE GASES IN YOUR STOMACH MAKE A GURGLING SOUND. IF YOUR STOMACH GROWLS, IT MAY MEAN YOU ARE HUNGRY.

YOUR BODY GIVES YOU HINTS THAT YOU SHOULD LISTEN TO. EAT WHEN YOU'RE HUNGRY, BUT STOP WHEN YOU FEEL FULL. THE FULL-FEELING IS A MESSAGE FROM YOUR BODY TOO!



CROSSWORD PUZZLE-

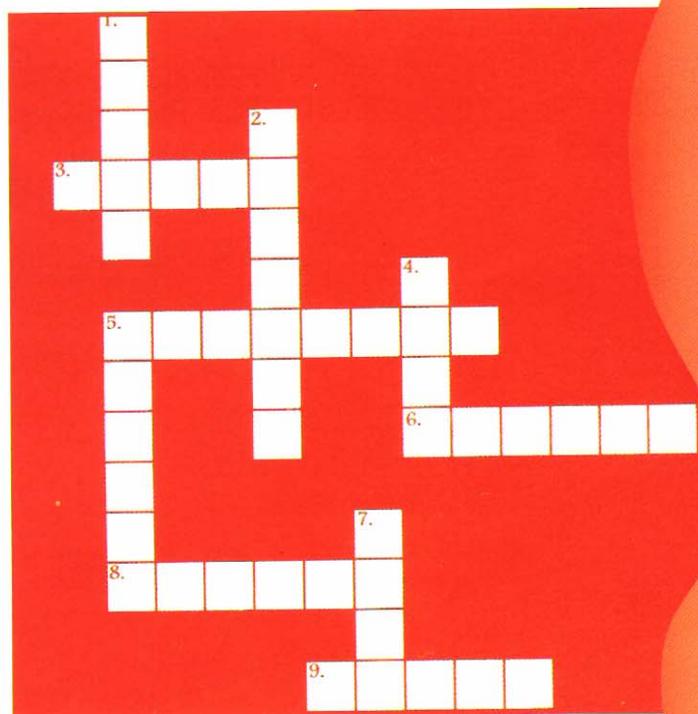
COMPLETE THE CROSSWORD PUZZLE. YOU CAN USE THE PICTURES ABOVE TO HELP YOU.

DOWN:

1. THIS SMALL PURPLE OR GREEN FRUIT GROWS ON A _____ VINE
2. YOU CAN EAT THE CRISP, GREEN LEAVES OF THIS IN A SALAD.
4. THIS JUICY FRUIT CAN BE EATEN OR PEELED.
5. THIS ORANGE VEGETABLE IS A ROOT.
7. THIS VEGETABLE GROWS ON A COB.

ACROSS:

3. THIS RED, GREEN AND YELLOW JUICY FRUIT GROWS ON A TREE.
5. THIS LONG, GREEN VEGETABLE CAN BE MADE INTO A PICKLE.
6. THIS CRISP, RED OR WHITE VEGETABLE IS EATEN RAW.
8. THIS RED, JUICY FRUIT HAS MANY SEEDS.
9. THIS VEGETABLE MAKES YOU CRY WHEN YOU PEEL IT.



DOWN 1. GRAPE 2. LETTUCE 3. APPLE 4. CUCUMBER 5. RADISH 6. TOMATO 7. CORN 8. RADISH 9. ONION

ACROSS 3. APPLE 4. CUCUMBER 5. RADISH 6. TOMATO 7. CORN 8. RADISH 9. ONION