

Kids' Activity Pack

HEALTHY EATING

So that you can help us to look after the planet we want you to look after yourself too! What you eat is important because it keeps you fit and healthy. Your gut is the nick name for your gastrointestinal tract, this is the route your food takes through your body.

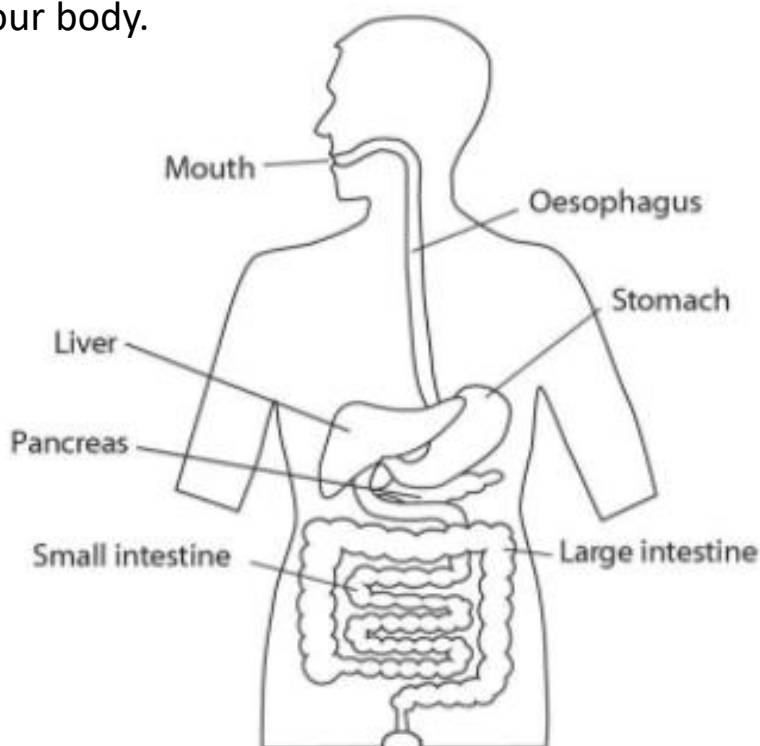
Did you know?

Your gut has as many brain cells in it as the brain of a cat!

The bacteria in our bodies fights off diseases

Your intestines contain billions of bacteria most of which are good bacteria!

Your good bacteria needs YOU to give it certain foods in order for it to thrive.



Want to know more about the digestive system? Thomas Schwenke (an engineering animator) has created this fantastic video. Click or scan the QR code.



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Fruit and vegetables are great for your body and help the good bacteria that live in your body. Different fruit and vegetables are good in different ways and their colours give us clues how. Trying to eat a plate of food which has different colour veg on it is a really great idea and it can be fun too. By including some ingredients shown below can you design a healthy lunch by drawing it on the plate? Maybe you can make a meal like this at home?



Raspberries



Apples



Spinach



Tuna



Some Cheese



Yoghurt
(with active
bacteria)



Whole grain
bread



Blueberries



Carrots



Bananas

