Tri-fold Board Pieces
MY AMAZING BODY
LUNGS help me breathe air.

The HEART pumps the blood in my body.
BONES give structure to my body.

MUSCLES help my body move.
The BRAIN receives and sends messages, tells my body what to do, and helps me learn.
Body Parts and Their Functions

LUNGS help me breathe air
HEART pumps the blood in my body

BONES give me structure

Tri-fold Board Pieces
MUSCLES help my body move

BRAIN receives and sends messages
Keeping My Amazing Body Healthy So I Can Grow, Learn, and Play
Tri-fold Board Pieces

MyPlate

Choose MyPlate.gov

Healthy Food
Tri-fold Board Pieces

EXERCISE

Lots of Exercise
Tri-fold Board Pieces

SLEEP

Plenty of Sleep
Hand Washing