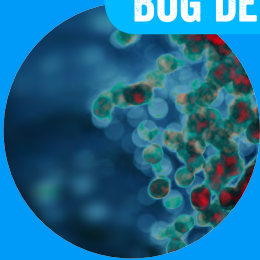


## BUG DEFENCE



Your body is under attack from ghastly germs – but never fear, your body has an awesome defence team:



### WHITE BLOOD CELLS

They'll remember the body's previous invaders



### SPECIAL CELLS

They love to chew up and devour invading germs



### BUG DEFENCE SHIELD

Your immune system works day and night to keep the invaders out and to keep you feeling great.

Your Bug Defence works hard and so you need to feed them the right food – vegetables!

## DIVIDE & CONQUER



When your cells are tired and worn out they need to be replaced.



### CELL COUNT

Your body is made up of over 30 trillion tiny cells. That's 30,000,000,000,000 to help you through the day.



### REGENERATION

You replace 96 million cells every minute of every day for the whole of your life.

The fuel for all this hard work is sunshine, water, air and food; the right kind of food. Many vegetables are packed full of the vital nutrients for supercharged cell regeneration.

## STRONG BONES



Try this: hold up your hand, give all your fingers a wiggle, then feel all the different bones. Can you guess how many bones you have in your hand?



### STRENGTH

For standing, growing, walking, running or climbing, we need healthy bones. If you keep your bones strong they are less likely to break.



### THEM BONES

You have 27 bones in your hand and over 200 in total in your body.

Eat enough Strong Bones vegetables every week and before long you'll have super strong bones, and teeth, too.

## HEARTBEATERS



If you can, put your ear to somebody's chest. Can you hear their heart beating? Your heart is very important and needs looking after.



### SUPER PUMP

Your heart beats a whopping 4,880 times an hour – pumping blood, oxygen and nutrients to all corners of your body. That's over 3 billion beats in a lifetime!

It's the engine that keeps you working. You need to keep it tuned, and it loves to run on veg.

## BRAIN BOX



You have just one brain but it works hard every day and needs a supply of brain food.



### SUPER COMPUTER

Your brain controls everything – how you move, how you think, and how you feel.

To keep your brain firing on all cylinders, it needs enough fuel.

## EYE SPY



Our eyes are incredible, but to keep seeing well they need help.



### SEEING ALL

Eyes turn light into faces, animals, grass, trees and all the colours we see.

To keep your eyes healthy throughout your life and to keep them seeing well at night, you need a good supply of eye-boosting nutrients.

## GO ENERGY!



Your body needs energy. Lots of energy. Without it you begin to feel tired.



### ENERGY BOOST

Feed your body energy to stay fit and healthy. Unlock energy in your food to unleash its true power.

Many of the foods you love are packed full of energy but the nutrients you find in veggies **unlock** the energy in your food. So if you want to play more, make sure you boost yourself.

## VEG BOOSTER CATEGORY CARDS

INSTRUCTIONS AS PER TEACHER GUIDE  
LESSON 2 'WHY EAT VEGETABLES?'  
MAIN ACTIVITY

