

# Healthy Habits

## “Ask the Health Expert”

### *Why are bananas good for you?*

Because they have a lot of potassium and other nutrients that the heart and the body need to stay healthy

### *Do you grow taller if you drink milk?*

You grow to your maximum capacity and the calcium in milk makes your bones stronger.



### *What can you eat in the jungle/forest, or any place where there are no marketplaces to buy food?*

In a survival situation, plants are the most appropriate diet as plants are easily accessible and contain the necessary carbohydrates, but you can take advantage of everything available, even insects!

### *Why is eating nutritious good for you?*

Because you are feeding your body and brain the best quality food, like fruits and vegetables, so your body has more energy and it looks healthy, and your brain has better memory and you are happier!



### *Do you gain weight when you are sedentary?*

Yes you can, because you are probably not burning all the calories you are taking in.

### *Is it possible to grow when you are playing competitively?*

Yes, you are always growing, but adding physical activity with help you develop bigger muscles and stronger bones.

## *Healthy tip of the week!*

Instead of drinking Gatorade, have some milk and a banana or make a smoothie by blending the two along with other fruits! They give you more energy than Gatorade, and they are healthier for you!  
Your body and brain will thank you ☺