

The *Fun Fact* Sheet For *Brilliant Kids*



My brain...

floats in liquid
NEVER stops working

controls my whole body

grows stronger when I sleep more

remembers better when I eat healthy food

is more clever when I eat healthy food

makes me dream every night

is smarter when I exercise

is 75% water

The *Mega Memory* Power Boost



Created by
HealthyFamilyandMe.com

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My skin...



on my head has
about 100,000 hairs

on my fingers are
unique – finger prints

is the thinnest
on my eyelids

is waterproof

keeps me
warm in winter

is the largest organ
in my body

makes new cells
every day

keeps germs out

looses 43 million
cells every day!

keeps me cool
in summer

cells die and make
dust in the house

is all over my
body

is damaged
by sunlight

is the thickest
under my feet

The *Healthy Skin* Power Boost



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