



## Guess the body part

Write the body part here	Hint	Person Who Can Help	Food Good for the Body Part
	Regular exercise strengthens it and improves blood circulation.	Cardiologist	Oats, salmon, avocado
	Twisting or straining can cause injury and difficulty to walk	Orthopaedic Surgeon	Bananas, leafy greens
	Eating junk food causes indigestion and pain.	Gastroenterologist	Bananas, yogurt
	Need proper care to avoid injury, and consuming foods rich in calcium	Orthopaedic Surgeon	Milk, sardines, broccoli
	Overuse can cause strain and possible wrist pain.	Physical Therapist	Eggs, sweet potatoes
	Keeping these muscles strong and flexible is important to avoid injury and cramps	Physical Therapist	Bananas, sweet potatoes
	Mental exercises keep it sharp and good sleep.	Neurologist	Blueberries, walnuts

