

# Health related Fitness

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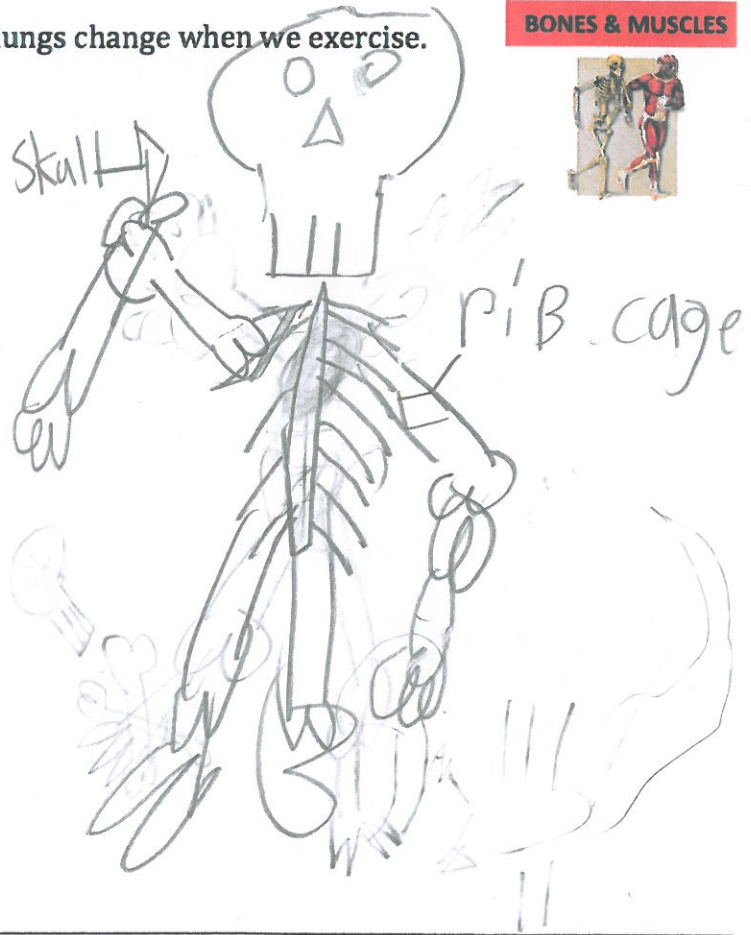
Grade: 101

Central Idea: Our hearts, muscles, and lungs change when we exercise.

BONES & MUSCLES



fast: Running, Jump  
Medium: playing Ball  
Slow: walking



We can eat many healthy food like carrots, meat, milk

good ⊕ meat, milk, fruit, vegetable  
Bad ⊖ Sweets.

