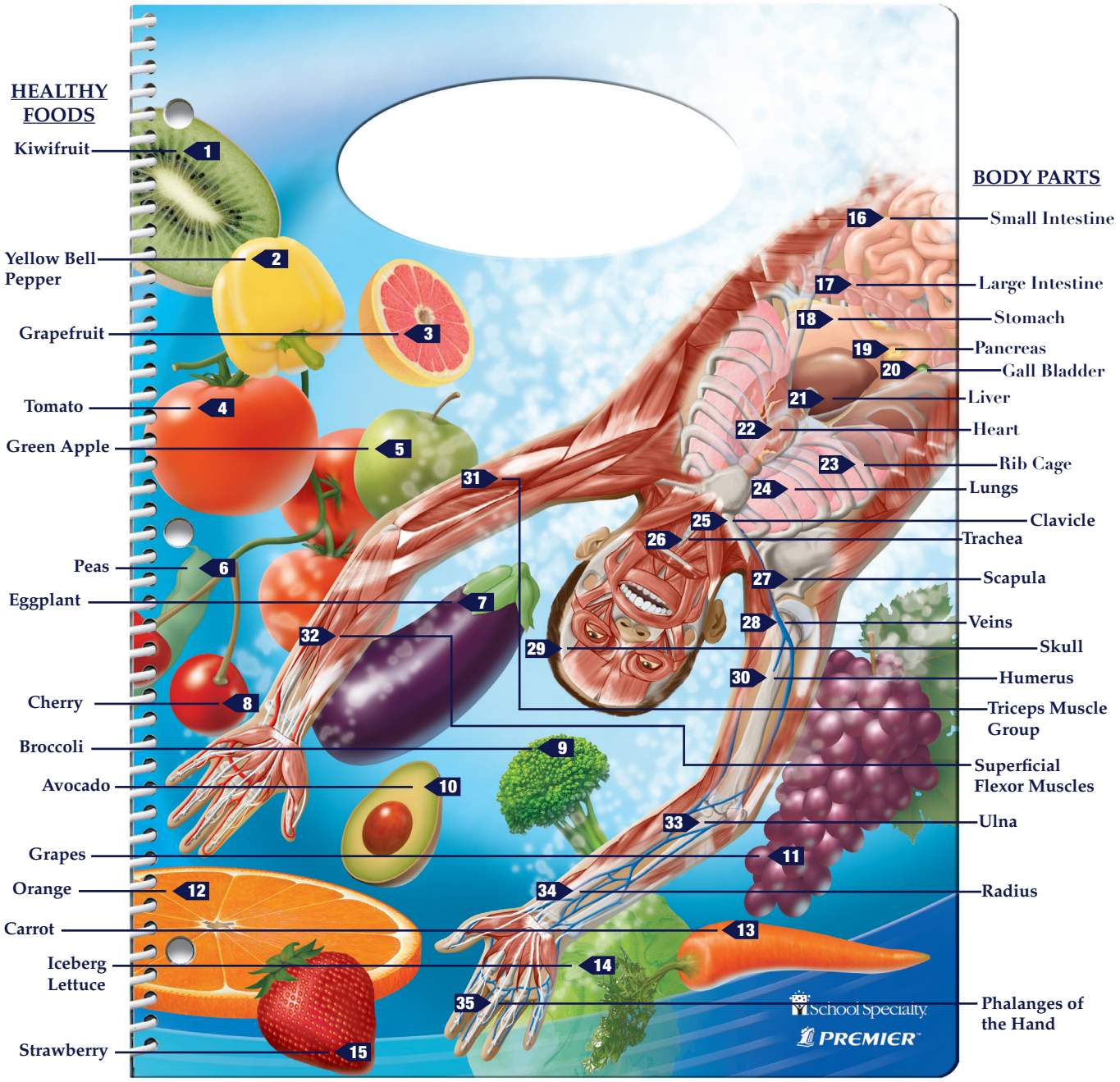
COVER KEY
2012-2013

# HEALTHY BODIES




## 1. Kiwifruit

The kiwifruit is a small fruit (approximately 3 inches long) that contains 120% of your recommended daily intake of vitamin C. It is also a good source of potassium, magnesium, vitamin E, copper, and manganese.

## 2. Yellow Bell Pepper

Bell peppers are sweet peppers that do not contain the compound responsible for the "hotness" in other peppers. Bell peppers contain over 100% of your recommended daily intake of vitamin C and A.

## 3. Grapefruit

Tart and tangy grapefruit are rich in vitamin C and A. They are also a good source of potassium, folic acid, and dietary fiber.

## 4. Tomato

While often referred to as a vegetable, the tomato is actually a fruit that may help lower your risk of cancer. Tomatoes are also a great way to add vitamin C and A to your diet.

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## 5. Green Apple

Unlike many other fruits, apples aren't bursting with vitamins and minerals. However, because they are a good source of soluble fiber they are great at controlling blood sugar.

## 6. Peas

Green peas are nutrient powerhouses. They are packed full of vitamins (C, K, B) and minerals (folic acid, iron), and are good sources of dietary fiber and protein.

## 7. Eggplant

The eggplant is a fruit native to India. It has a low calorie content and is a good source of vitamin C, potassium, and calcium.

## 8. Cherry

Cherries are a good source of dietary fiber and vitamin C. They also have high anti-inflammatory properties.

## 9. Broccoli

These little green "trees" are packed full of vitamins and minerals. Ounce for ounce broccoli contains more vitamin C than most citrus fruits, has more calcium than a glass of milk, and more fiber than whole wheat bread. It is also a good source of B vitamins, vitamin A, folate, iron, magnesium, phosphorus, and potassium.

## 10. Avocado

Avocados are full of monounsaturated fat, which is a good fat known to reduce artery-clogging LDL cholesterol.

## 11. Grapes

Because they contain antioxidants called polyphenols, eating grapes could help to lower your risk of heart disease and cancer, and help you ward off viruses. Grapes also contain vitamins C, A, and K, and minerals such as iron, copper, and manganese.

## 12. Orange

This popular and delicious citrus fruit is best known for being a good source of vitamin C. However, it also contains vitamin A, calcium, and a small amount of iron.

## 13. Carrot

Carrots are sweet root vegetables that contain a large amount of beta-carotene. Once inside the human body, beta-carotene is turned into vitamin A.

## 14. Iceberg Lettuce

Iceberg lettuce is the least nutritious of the eighty-seven different varieties of lettuce.

## 15. Strawberry

Sweet and juicy red strawberries are full of vitamins C and B. They also contain valuable antioxidants.

## 16. Small Intestine

At more than six meters long, the small intestine is the longest portion of the digestive tract. Digestion is completed here with nutrients being absorbed through the lining of the small intestine.

## 17. Large Intestine

The large intestine is the second-to-last part of the digestive system. It absorbs water, electrolytes, and certain vitamins, processes undigested material, and stores waste before it is eliminated.

## 18. Stomach

The stomach is an important part of the digestive system located between the esophagus and intestines. When food enters the stomach it is broken down by gastric juices. By the time food leaves the stomach it has been processed into a thick liquid.

## 19. Pancreas

The pancreas is part of the digestive system. It makes the powerful digestive enzymes required to break down food. It also helps to neutralize stomach acid, and makes insulin, which helps to regulate blood sugar levels.

## 20. Gall Bladder

The gall bladder's role in the digestive system is to store and release bile, a green digestive liquid produced by the liver. Bile helps to break down fats in the small intestine.

## 21. Liver

The liver is a very important organ that performs many functions. It produces substances that break down fats, stores vitamins and minerals, filters harmful substances from the blood, makes some of the building blocks for proteins, and maintains a proper level of glucose in the blood.

## 22. Heart

The heart is a muscular organ responsible for pumping blood through the veins and arteries in the body.

## 23. Rib Cage

The rib cage surrounds the chest cavity and supports the shoulder girdle. It consists of twenty-four ribs, the sternum, and twelve vertebrae. It also provides attachments for muscles involved in the respiratory system.

## 24. Lungs

The lungs are one of the largest organs in the body and are the main feature of the respiratory system. Lungs breathe in air, extract the oxygen from it, and pass it into the bloodstream. The lungs also remove carbon dioxide from the bloodstream and expel it from the body.

## 25. Clavicle

The clavicle, or collar bone, is the only long bone that lies horizontally in the body. It spans the distance between the sternum and the scapula (shoulder blade).

## 26. Trachea

The trachea, or windpipe, is a tube that connects the pharynx to the lungs, allowing for the passage of air into the lungs. It is lined with mucus that traps inhaled foreign particles and expels them as phlegm.

## 27. Scapula

The scapula, or shoulder blade, is a bone that connects the upper arm bone with the clavicle.

## 28. Veins

Veins are blood vessels that carry blood to the heart. Most veins transport deoxygenated blood.

## 29. Skull

The skull is a bone that forms a cavity for the brain and supports the structures of the face.

## 30. Humerus

The humerus is an arm bone that runs from the shoulder to the elbow.

## 31. Triceps Muscle Group

The triceps are a group of three large muscles at the back of the upper arm. They are responsible for shoulder and elbow rotation, and are activated when lifting or lowering any amount of weight.

## 32. Superficial Flexor Muscles

The superficial flexor muscles of the arm are primarily involved in flexing and rotating the forearm.

## 33. Ulna

The ulna is one of the two bones in the forearm. It runs parallel to the radius, and is found on the side of the forearm closest to the body.

## 34. Radius

The radius is the shorter of the two bones in the forearm. It runs parallel to the ulna.

## 35. Phalanges of the Hand

There are fourteen phalanges of the hand or finger bones. Each finger has three phalanges, and the thumb has two.