**Guess the body part**

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| **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 |

