



Freddy Fit

EXERCISE OF THE DAY ★ HEALTH TIPS ★
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EXERCISE OF THE DAY



**FIT
TIP**

LEG LUNGES



- Stand with hands on hips and legs slightly apart
- Step forward while bending the back leg
- Hold for one second then swap legs

**Repeat 10
times for
each leg**

HEALTH TIP



✓ Nose Parts

The nose has two holes called nostrils. The nostrils and the nasal passages are separated by a wall called the septum (say: SEP-tum). Deep inside your nose, close to your skull, your septum is made of very thin pieces of bone.

Closer to the tip of your nose, the septum is made of cartilage (say: KAR-tel-ij), which is flexible material that's firmer than skin or muscle. It's not as hard as bone, and if you push on the tip of your nose, you can feel how wiggly it is.

Behind your nose, in the middle of your face, is a space called the nasal cavity. It connects with the back of the throat. The nasal cavity is separated from the inside of your mouth by the palate (roof of your mouth).

Getting the Air in There

When you inhale air through your nostrils, the air enters the nasal passages and travels into your nasal cavity. The air then passes down the back of your throat into the trachea (say: TRAY-kee-uh), or windpipe, on its way to the lungs.

Your nose is also a two-way street. When you exhale the old air from your lungs, the nose is the main way for the air to leave your body. But your nose is more than a passageway for air. The nose also warms, moistens, and filters the air before it goes to the lungs.

The inside of your nose is lined with a moist, thin layer of tissue called a mucous membrane (say: MYOO-kus MEM-brayne). This membrane warms up the air and moistens it. The mucous membrane makes mucus, that sticky stuff in your nose you might call snot. Mucus captures dust, germs, and other small particles that could irritate your lungs. If you look inside your nose, you will also see hairs that can trap large particles, like dirt or pollen.

If something does get trapped in there, you can probably guess what happens next. You sneeze. Sneezes can send those unwelcome particles speeding out of your nose at 100 mph!

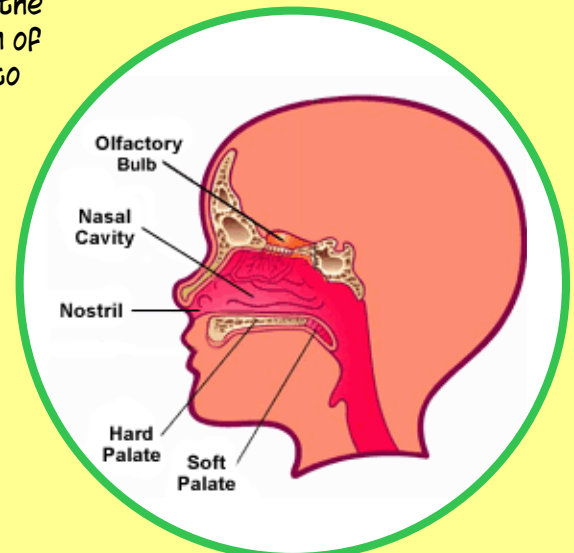
Further back in your nose are even smaller hairs called cilia (say: SILL-ee-uh) that you can see only with a microscope. The cilia move back and forth to move the mucus out of the sinuses and back of the nose. Cilia can also be found lining the air passages, where they help move mucus out of the lungs.

Sniff, Sniff, Take a Whiff

The nose allows you to make scents of what's going on in the world around you. Just as your eyes give you information by seeing and your ears help you out by hearing, the nose lets you figure out what's happening by smelling. It does this with help from many parts hidden deep inside your nasal cavity and head.

Up on the roof of the nasal cavity (the space behind your nose) is the olfactory epithelium (say: ol-FAK-tuh-ree eh-puh-THEE-lee-UM). Olfactory is a fancy word that has to do with smelling. The olfactory epithelium contains special receptors that are sensitive to odor molecules that travel through the air.

These receptors are very small - there are about 10 million of them in your nose! There are hundreds of different odor receptors, each with the ability to sense certain odor molecules. Research has shown that an odor can stimulate several different kinds of receptors. The brain interprets the combination of receptors to recognize any one of about 10,000 different smells.



RECIPE



Broccoli Dippers

Ingredients

- * Extra-virgin olive oil, for brushing
- * 1 1/2 c. shredded cheddar
- * 1 (10-oz.) bag frozen broccoli (about 3 c.), thawed and patted dry
- * 1/2 c. grated Parmesan
- * 2 large eggs, beaten
- * 1/4 tsp. garlic powder
- * 1 c. panko bread crumbs
- * Kosher salt
- * Heinz Simply Ketchup, for serving

V Vegetarian

Method:

1. Preheat oven to 400°. Brush a rimmed baking sheet with oil and line with parchment paper. Brush parchment with oil.
2. Pat broccoli dry and very finely chop broccoli or pulse in a food processor until very finely chopped. Scrape chopped broccoli into a medium bowl and stir in egg, panko, cheddar, Parmesan, and garlic powder. Season with salt.
3. Scoop 1 tablespoon broccoli mixture and press into a tater tot shape using lightly dampened hands. Transfer to prepared baking sheet. Continue with remaining broccoli mixture, evenly spacing tots on prepared baking sheet.
4. Bake, turning once, until golden and crispy, about 20 minutes. Remove from oven and serve warm with ketchup.

QUIZ QUESTION



? What are the two holes on your nose called?

- Septum
- Blow holes
- Nostrils
- Cartilage



Email me your answer - each correct one will be entered into a prize draw for a chance to win these fabulous Freddy Fit trading cards!



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AN AMAZING FACT!



1. Your nose is the main route for breathing
2. Your nose humidifies the air you breathe
3. Your nose cleans the air you breathe
4. Your nose regulates the temperature of the air you breathe

5. Your nose protects you



COLOURING PAGE



On the next page is a black and white version of this Fabulous Freddy Fit picture for you to colour yourself!



Print and colour the page then send me a photo or email me your finished art - each one will be entered into a prize draw for a chance to win these Fabulous Freddy Fit trading cards!

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**ENJOY YOUR
CHEWING GUM!**

**BUT...
DON'T
SWALLOW IT...
AND
DON'T
PROP IT!**

