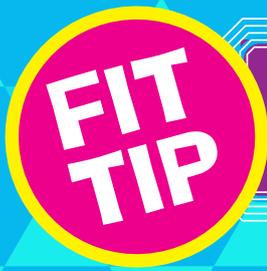




# Freddy Fit

EXERCISE OF THE DAY ★ HEALTH TIPS ★  
COLOURING PAGES ★ RECIPES ★ QUIZ QUESTIONS

## EXERCISE OF THE DAY



### OUT OF SCHOOL



CYCLING

JOG

WALK FAST

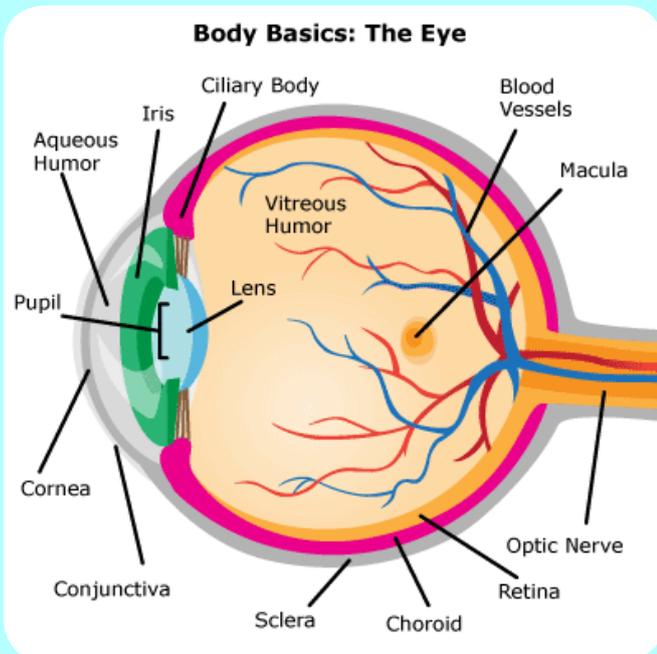
• Try to go with your parents and family for one hour each day

# HEALTH TIP



## ✓ The Parts of the Eye

You can check out different parts of the eye by looking at your own eye in the mirror or by looking at (but not touching) a friend's eye. Some of the eye's parts are easy to see, so most friends will say OK. Most friends won't say OK if you ask to see their liver!



### Big as a Ping Pong Ball

The eye is about as big as a ping-pong ball and sits in a little hollow area (the eye socket) in the skull. The eyelid protects the front part of the eye. The lid helps keep the eye clean and moist by opening and shutting several times a minute. This is called blinking, and it's both a voluntary and involuntary action, meaning you can blink whenever you want to, but it also happens without you even thinking about it.

The eyelid also has great reflexes, which are automatic body responses, that protect the eye. When you step into bright light, for example, the eyelids squeeze together tightly to protect your eyes until they can adjust to the light. And if you flutter your fingers close (but not too close!) to your friend's eyes, you'll be sure to see your friend's eyes blink. Your friend's eyelids shut automatically to protect

the eye from possible danger. And speaking of fluttering, don't forget eyelashes. They work with the eyelids to keep dirt and other unwanted stuff out of your eyes.

The white part of the eyeball is called the sclera (say: SKLAIR-uh). The sclera is made of a tough material and has the important job of covering most of the eyeball. Think of the sclera as your eyeball's outer coat. Look very closely at the white of the eye, and you'll see lines that look like tiny pink threads. These are blood vessels, the tiny tubes that deliver blood, to the sclera.

The cornea (say: KOR-nee-uh), a transparent dome, sits in front of the colored part of the eye. The cornea helps the eye focus as light makes its way through. It is a very important part of the eye, but you can hardly see it because it's made of clear tissue. Like clear glass, the cornea gives your eye a clear window to view the world through.

### Iris Is The Colorful Part

Behind the cornea are the iris, the pupil, and the anterior chamber. The iris (say: EYE-riss) is the colorful part of the eye. When we say a person has blue eyes, we really mean the person has blue irises! The iris has muscles attached to it that change its shape. This allows the iris to control how much light goes through the pupil (say: PYOO-pul).

The pupil is the black circle in the center of the iris, which is really an opening in the iris, and it lets light enter the eye. To see how this works, use a small flashlight to see how your eyes or a friend's eyes respond to changes in brightness. The pupils will get smaller when the light shines near them and they'll open wider when the light is gone.

The anterior (say: AN-teer-ee-ur) chamber is the space between the cornea and the iris. This space is filled with a special transparent fluid that nourishes the eye and keeps it healthy.

# RECIPE



## Banana Chips

### Ingredients

\* 2 Bananas

\* Lemon juice

\* Water

**V** Vegetarian

### Method:

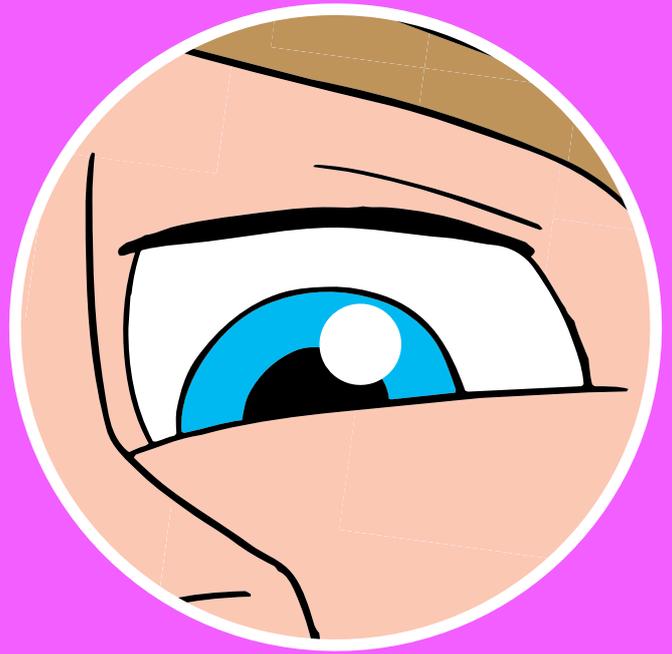
1. Preheat the oven to 250F. Line a large sheet with parchment paper.
2. In a small bowl, combine 4 parts (4 tablespoons) water with 1 part (1 tablespoon) lemon juice.
3. Slice bananas very thin, about 1/8" thick coins, brush with lemon juice and water mixture. Sprinkle with kosher salt.
4. Bake at 250F for about 1 1/2 to 2 hours or until they are crispy, making sure to flip them over halfway through.
5. Remove them from the oven and allow them to cool (the longer they cool the crispier they become).

# QUIZ QUESTION



? About how large is the eye?

- As big as a basketball
- A little smaller than an apple
- As big as a ping-pong ball
- A little bigger than a tennis ball



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!

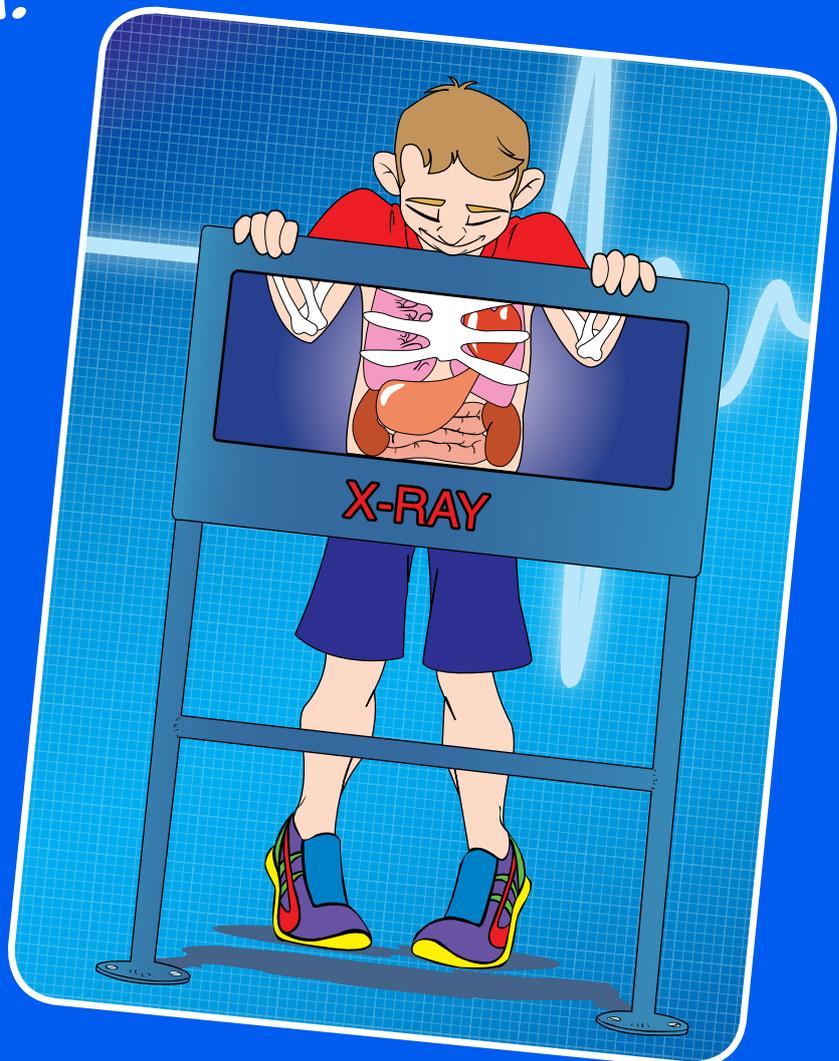


[FFitcomp@outlook.com](mailto:FFitcomp@outlook.com)

# AN AMAZING FACT!



1. By the end of a person's life, they can recall, on average, around 150 trillion pieces of information.
2. We lose 80% of our body heat from the head.
3. When you blush, your stomach also turns red.



# 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!

[FFitcomp@outlook.com](mailto:FFitcomp@outlook.com)

