

# CARDSfit

# Nutrition Month



## The Real Deal on the Digestive System

The digestive system is made up of the digestive tract and a few other important organs. The digestive tract is like a long tunnel with many sections and different areas (think of a waterslide). All the parts of the digestive tract and these organs work together to allow you to digest, which means getting what your body needs (nutrients and energy) from food, and then getting rid of the waste that's left over. The digestive system is one great part of your body: it mashes and mixes up food, it makes enzymes to break the food down so your body can use the nutrients, it filters out dangerous substances, and it even lets your body get rid of leftover waste. Keep your digestive system in good shape by eating lots of healthy foods and drinking water.

### Nutrition Tip

Fruits and vegetables are easily digested and are a great source of vitamins and minerals. These foods may be cooked or eaten raw. Always rinse the food prior to cooking it or eating it raw for safety.

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## Family Development and Community Awareness Month



### What to do about Bullying?



Act brave

Ignore a bully

Stand up for yourself with words

Tell an adult

Be a buddy

Don't bully back

Community Service  
Community Service

#### Bullying

It's not your fault

You're not alone

You can do something about it