



LESSON 6: TAKEOUT

TODAY WE LEARNED | THE DIGESTIVE SYSTEM

- For our bodies to be healthy, our cells need to be healthy. Each organ is made up of different types of cells. Each of these cells needs many different nutrients in order to be healthy.
- In order for nutrients, water and energy to reach the cells, two things need to happen: (1) food has to be broken down into tiny pieces by our digestive system, (2) the nutrients must be absorbed into the bloodstream so our blood can deliver it to our trillions of cells.
- The functions and locations of the following digestive system organs: mouth, esophagus, liver, stomach, small intestine, large intestine, and the rectum.
- Everything that the digestive system absorbs goes directly into our bloodstream, where it delivers to the trillions of cells throughout our body (from head to toe!).

BREAKFAST IDEA | BANANA PEANUT BUTTER SMOOTHIE

Packed with fiber to keep you full and protein to keep you going, this smoothie also doubles as a delicious treat. Yum! Your body will also thank you for the boost of vitamins and minerals this breakfast will provide. Just throw the following ingredients together in the blender and process until smooth.

- 1 ripe banana (the riper the better!)
- 1/3 cup plain yogurt
- 2 Tablespoons peanut butter
- 1 ice cube (or use a frozen banana and omit the ice)

Allergic to peanuts? Try other nut butters made from almonds or cashews, or opt for sunflower seed butter.

TIPS AND TRICKS

1. **“Perfect” bananas** When it comes to cooking with bananas, riper tends to be better. Many grocers will mark down banana prices once they begin to show a few brown spots and no longer “look” perfect – just when they are perfect for a smoothie.
2. **Mind the sugar!** Not all peanut butters are made equally. Be sure to read labels and choose peanut butters without added sugars or other mystery ingredients.
3. **To buy Greek?** Greek yogurt can add an extra protein punch, which may be helpful if you have a test or big game coming up that day. On the other hand, it is more processed than regular yogurt, and has become an environmental challenge. Greek yogurt also tends to be more expensive. A balanced approach might be to opt for regular yogurt most of the time, and choose Greek yogurt as a special treat.

