



Your Tummy Helps Your Brain-REALLY? (🧠 A Physical Health Story)
(K – 5-6 yrs.)
Power Your Brain Challenge Questions



1. Being _____ means you move, eat, and sleep to take care of your body. Slide 1
- A. social
 - B. physical
 - C. happy



2. How does your tummy talk to your brain? Slide 4
- A. By growling
 - B. By calling it
 - C. By texting it



3. Food gives us _____ to do the things we need and like to do. Slide 7
- A. presents
 - B. energy
 - C. time



4. Your brain tells many other parts of your body what to do to get food for energy. Slides 11
- A. Yes/True
 - B. No/False



5. Your brain is _____ working. Slide 12
- A. never
 - B. sometimes
 - C. always