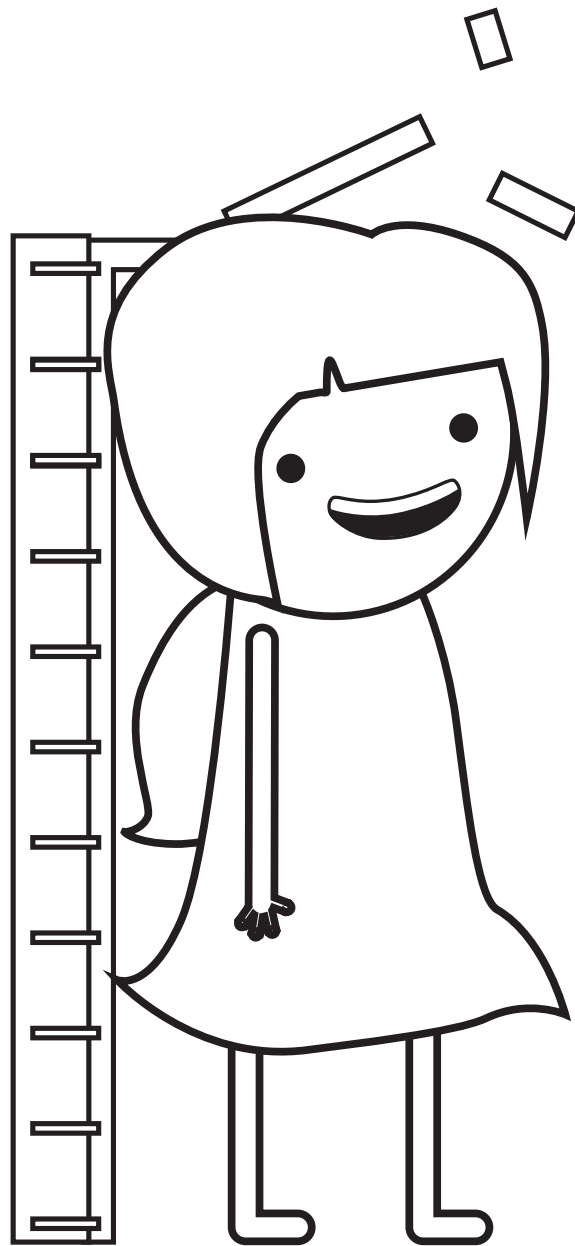




HEALTHY KIDNEYS

GROWTH ACTIVITY SHEET



The recipe for good growth is good nutrition, vitamins, minerals and growth hormone. Trace the image that shows how much Trevor has grown, and give him some colour too!

Can you match definition to each term?

GROWTH HORMONE

NUTRITION SUPPLEMENTS

G-TUBE

WHOLE FOODS

GROWTH HORMONE MEDICINE

a hormone that is important for children to grow normally.

drinks or bars that contain extra calories and other nutrients.

are all the different types of ingredients our bodies need for energy

a gastrostomy tube which is a type of feeding tube

medicine is used to treat children who have poor growth from different causes

GROWTH WORD SEARCH

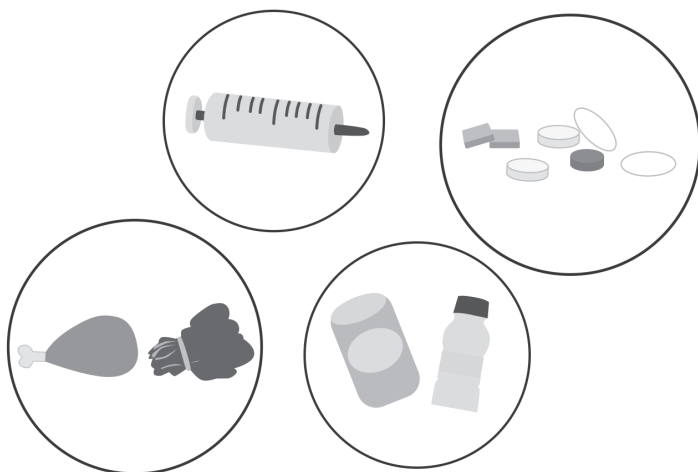
Can you find these words? They can be forwards, backwards or diagonal.

F	E	R	D	Y	T	R	E	B	U	P	E	N	C	I
V	O	N	P	I	E	F	O	R	G	O	O	O	D	G
R	I	O	O	O	E	W	C	A	L	O	R	I	E	S
M	A	T	D	M	T	T	N	I	A	R	B	T	H	G
U	I	N	A	S	R	L	I	D	S	B	V	C	N	A
U	V	N	E	M	U	O	G	T	I	Y	W	E	R	D
T	N	X	E	M	I	P	H	D	I	H	W	J	E	P
N	P	B	D	R	I	N	P	H	O	A	U	N	M	V
E	G	D	X	Q	A	A	S	L	T	R	N	I	U	X
M	W	C	G	A	Y	L	E	U	E	W	U	X	E	L
T	A	Z	T	Q	Y	F	S	M	B	M	O	M	A	J
A	C	R	R	C	O	F	I	K	K	G	E	R	V	U
E	Z	P	A	O	S	A	V	L	M	Q	Q	N	G	Q
R	E	T	D	N	U	T	R	I	E	N	T	S	T	U
T	W	S	U	L	G	A	B	X	P	D	K	X	K	S

ANEMIA
 BRAIN
 CALORIES
 DIETITIAN
 FOOD SUPPLEMENTS
 GROWTH HORMONE
 INJECTION
 MINERALS
 NUTRIENTS
 PUBERTY
 TREATMENT
 UREMIA
 VITAMINS
 WHOLE FOODS

GOOD GROWTH RECIPE

Match the pictures to the ingredients needed for good growth!



- vitamin and mineral supplements
- healthy whole foods
- food supplements
- growth hormone

