



Unhealthy food of our body

Good thing of our body



or drink too many coke. Because it is not good for your body. It will bad to your heart, blood and lung. There are many chemical things.

Do not think it is very good to our body. It is very sweet.



The heart is the important part of our body, also it is the middle part of our body. Heart can pump blood to every where of our body. The heart have two types of blood vessels. There are artery and vein. Vein can let the blood go back to the heart. Artery can let blood go away out of heart into our body every where. When we doing jumping jacks, the blood can go to every where of our body. The heart and blood is important to our body. If we don't have them, we will be die. Heart is the king of our body.