

Fun Bits 5

What Helps Your Body Grow?

In our body, a hormone called human growth hormone (HGH) helps us grow. We need to have normal HGH levels in order to 'grow up'. Low HGH levels result in poor growth. There are some ways to increase HGH levels. Let's learn more about them.

We need to have a balanced diet. We have to take in the right amount of food from each food group, including grains, vegetables and meat. Dairy products, such as milk and cheese, are also excellent for body growth. But we have to eat less salty, sugary and oily food as they are bad for our health.



We need to have enough rest too. Our body produces HGH during our deep sleep before midnight or in the early morning. HGH helps us build strong muscles and bones. So, getting plenty of deep sleep is important. Try to have at least 8 hours of sleep every night!



A Write 'T' (True) or 'F' (False) in each box.

1. We may get sick easily if we do not exercise.
2. Sleep is not very important to our growth.
3. We need to eat fewer salty eggs as they are not good for our health.
4. There is only one way to increase HGH levels.



Doing exercise also helps increase HGH levels in our body. We may be busy with our studies and other daily activities, but we still need to make time for exercise, such as cycling, jogging and swimming, in order to stay healthy. If a person's HGH level is not high enough, he or she is likely to become small and unhealthy. He or she may get sick easily too.

STEAM Highlights

How many hours of sleep do we need per day? (Find the answer from the text and check it on P.72.)

B Draw a line in the maze to follow the good habits that help our body grow and find the way out.

