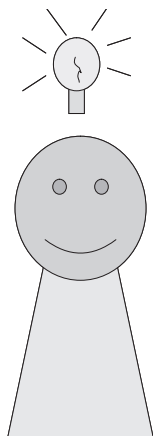
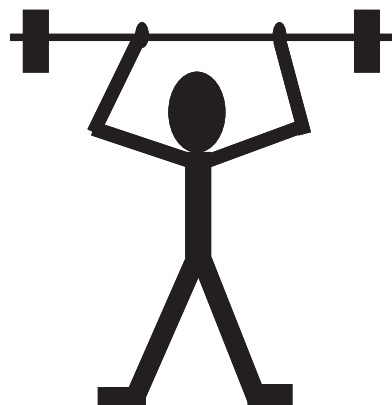


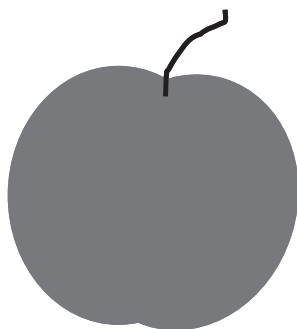
Your brain is like a muscle, if you use it a lot it gets bigger and stronger. Your brain also needs physical exercise, good food and plenty of sleep.



Learn and practise



Exercise



Eat healthy food



Get plenty of sleep

Figure 3.14 Look after your brain



Photocopiable:

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