



Did you know you have a big, busy helper inside your body?

It's your liver!

Your liver sits on the right side of your body, under your ribs. It has many important jobs that help keep you healthy.

When you eat, your liver helps your body use the nutrients in your food. It can even store some energy so your body can use it later!

Your liver also helps clean your blood and helps your body get rid of things it doesn't need.

And your liver is always busy!

When you're sleeping, it's working.

When you're learning, it's working.

And when you're running and playing, it's working, too!

You can help take care of your liver by eating healthy foods, drinking water, moving your body, and getting plenty of sleep.

So eat.

Drink.

Move.

Rest.

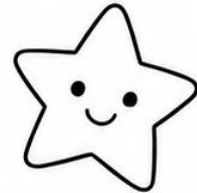
And take good care of your amazing liver!



MY AMAZING LIVER!



Your liver sits
on the right side
of your body,
under your ribs.



WAYS TO CARE FOR YOUR LIVER



**DRINK
WATER**



**EAT HEALTHY
FOODS**



**BE
ACTIVE**



**GET ENOUGH
SLEEP**



**AVOID TOO MUCH
SUGAR AND JUNK FOOD**



**BE KIND
TO YOUR BODY**



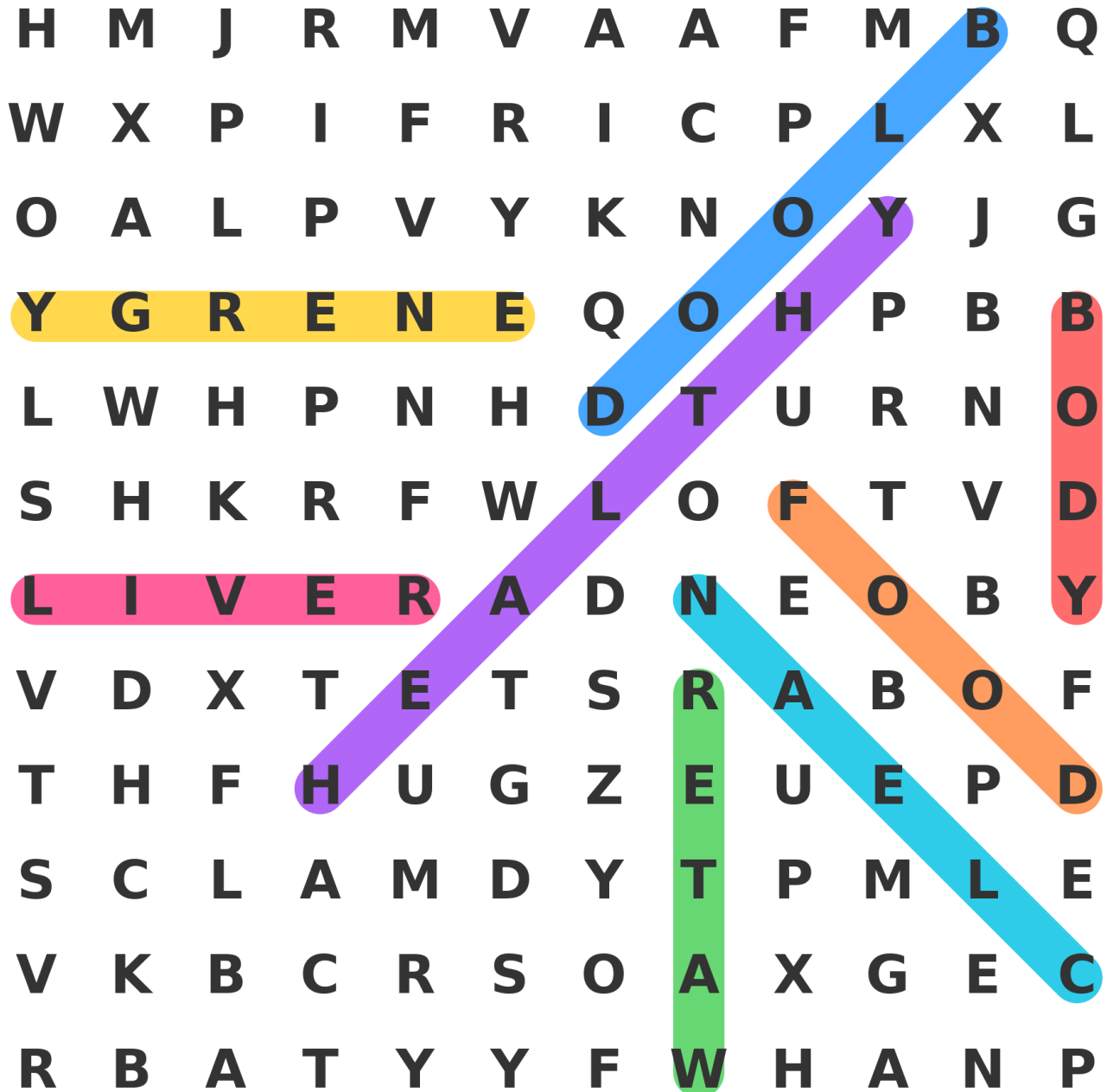
My Amazing Liver!

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

WATER • BLOOD • FOOD • BODY • LIVER •
ENERGY • HEALTHY • CLEAN



My Amazing Liver!



WATER • BLOOD • FOOD • BODY • LIVER •
ENERGY • HEALTHY • CLEAN



My Amazing Liver!



What Did You Learn About Your Amazing Liver?

1. Where is your liver?

- A. Under your ribs on the right side
- B. In your foot
- C. On top of your head

2. What does your liver help your body use?

- A. Your toothbrush
- B. Nutrients from food
- C. Your toys

3. What can your liver store for your body to use later?

- A. Socks
- B. Books
- C. Energy

4. What does your liver help clean?

- A. Your hair
- B. Your blood
- C. Your teeth

5. What is a good way to help take care of your liver?

- A. Eat healthy foods, drink water, move, and rest
- B. Stay awake all night
- C. Never drink water



Check Your Work!

★ Answer Key

My Amazing Liver

A — Under your ribs on the right side

B — Nutrients from food

C — Energy

B — Your blood

A — Eat healthy foods, drink water, move, and rest

Great Job!

In the space below, draw and color a picture of something that you learned about your amazing liver.

Maybe it will be a picture of something you like to eat.

Maybe it will be a picture of how you keep your liver healthy. 

You can draw and color anything you want!