



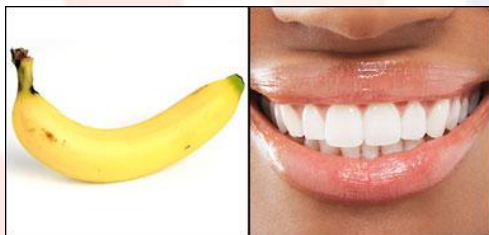
SIGNATURE FOODS

MUSHROOM – EAR



Slice a mushroom in half and it resembles the shape of the human ear. Adding it to your cooking could actually improve your hearing because mushrooms are one of the few foods in our diet that contain vitamin D - important for healthy bones, even the tiny ones in the ear that transmit sound to the brain.

BANANA - SMILE (LIPS)



Cheer yourself up and put a smile on your face by eating a banana. The popular fruit contains a protein called tryptophan which converts to serotonin - an important mood-regulating chemicals. Higher levels are associated with better moods.

Sydney

p 02 9327 7750
e info@circlesoflearning.org.au
a PO Box 928, Double Bay NSW 1360
w www.circlesoflearning.org.au

Canberra

p 0414 587 308
e pam@circlesoflearning.org.au
a PO Box 5115, Chisholm ACT 2905

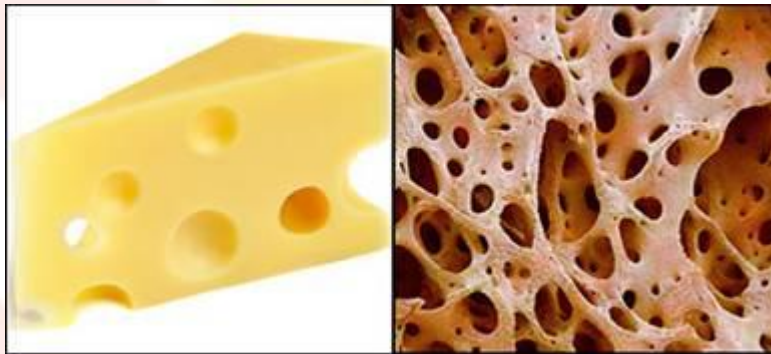


GINGER – STOMACH



Root ginger looks just like the stomach. Its biggest benefit is aiding digestion. The Chinese have been using it for over 2,000 years to calm the stomach and cure nausea, while it is also a popular remedy for motion sickness.

CHEESE – BONES



A nice 'holey' cheese, like Emmenthal, is good for your bones and looks like their internal structure.

It is a rich source of calcium, a vital ingredient for strong bones and reducing the risk of osteoporosis later in life.

Sydney

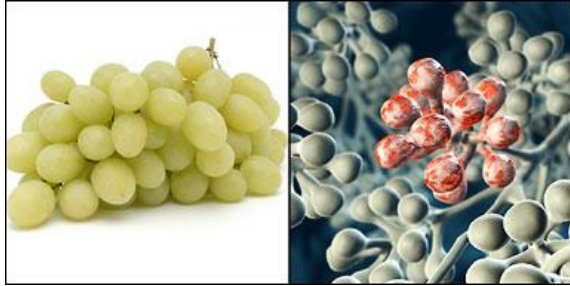
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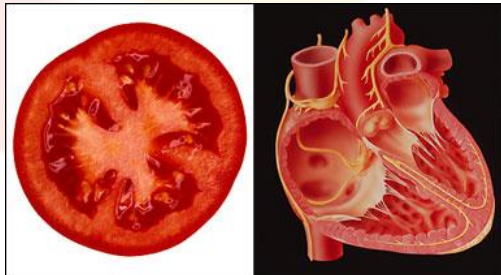


GRAPES – LUNGS



OUR lungs are made up of branches of alveoli which look like broccoli and grapes, allow oxygen to pass from the lungs to the blood stream.

TOMATO – HEART



A TOMATO is red and usually has four chambers, just like our heart. Tomatoes are also a great source of lycopene, a plant chemical that reduces the risk of heart disease and several cancers.

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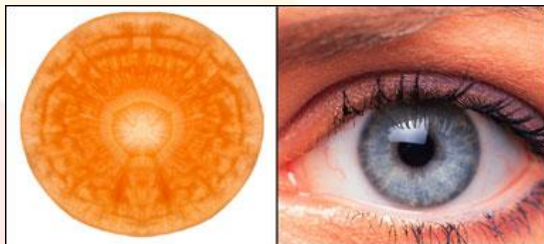
Creativity

WALNUT – BRAIN



A walnut looks like the brain. Walnuts are the only nuts which contain significant amounts of omega-3 fatty acids.

CARROT – EYES



Slice a carrot and it looks just like an eye, right down to the pattern of the iris. Carrots get their orange colour from a plant chemical called betacarotene, which reduces the risk of developing cataracts.

MORE SIGNATURE FOODS

Celery for Bones, Avocados for Ovaries, kidney beans for Kidneys, Orange Peel for Skin, Broccoli for Lungs, Figs for Men, Beetroot for Blood

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