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## “Health in a Different Perspective”



I love LEGOs, so I think of buildings. When a building is built, you have to take care of the building. If you don't, the building will collapse or be condemned. Like your body becoming weaker or dying. I will tell you all about health in this essay.

Bones are very important very important to your body. Bones protect your organs. Like a building's walls protect people inside, the building's structure hold the building up. Like your spine holds your body up! To keep you bones healthy, eat/drink two to three servings of mild, yogurt, cheese, or anything with calcium (calcium makes bones strong and helps you grow taller).

Your skin, hair, and nails are very important to you body. Skin protects your muscles, like bricks protecting the structure (though the structure is not representing the muscles or bones now). If graffiti is on the building, then you have to clean wall, like you need to clean your skin if you have anything containing germs. You can take a shower, a bath, or simply wash your hands. If you get a cut, wash with soap and water so you don't get an infection. Clean under nails because dirt may contain germs and dirt can be under nails. Wash your hair so you don't get dandruff. Use your own comb so head lice doesn't spread around.

Sleep and nutrition is important to your body. Get enough sleep to get energy. Children need 10-12 hours of sleep at night. Adults need 6-9 hours of sleep at night. If you don't get enough sleep, you get sleep deprived, like a building causing a black out because it used to much energy. You need to eat the right type of food to have enough energy, strong bones, and strong muscles. You should eat a variety of foods, like dairy (2-3 serv.) is good for bones; proteins (2-3 serv.) is good for muscles; veggies (3-5 serv.) is low in fat, has vitamins, fiber, and minerals; fruits (2-4 serv.) gives you quick energy; carbohydrates (6-11 serv.) has protein, fiber, vitamins, and minerals. There is another group that is used sparingly, that is the fats, oils, and sweets group. Now, these are the five food groups to make a healthy body if the food is eaten (excluding the fats, oils, and sweets group), this also makes a food pyramid. You also need to have eight cups of water to get minerals. To me, this makes a stable building.

Muscles are important to you body. Muscles help you move. Not only that, muscles also help you talk, blink, smile, make your heart beat, and breath. Without muscles, you can't do a single thing! To keep muscles healthy, eat two to three servings of meat, nuts, or anything with protein (protein makes strong muscles. A building can't move because it has no muscles or anything similar to one, so were lucky to have muscles!).

Now I told you about health. I also told you how the human body can be like a building and how it can't be a building. I told you about bones, muscles, sleep, skin, hair, nails, and nutrition. I think that you can see how I see health now. Well, that's my essay!

