**

Activity: Your Liver - Your Body’s Internal Battery

**Equipment needed:** Flash light that uses a battery.

* Show students how a flash light goes on.
* Remove the battery and try to light the flash light.
* **Q:** How can you make the light go on again?
* **A:** Buy a new battery
* Have children pretend to be a flash light.
* Have them shut their eyes.
* **Q:** Is it dark inside?
* **A:** YES
* Have them open their eyes and see the light.
* **Q:** How did your light go on?
* **Q:** Where is your battery? Do you have one?
* **A:** Your battery is under your ribs – called your liver.

**Discussion**

**Q:** If your liver/battery stops working can you buy a new one?

**A:** If you don’t treat your liver/battery right it will go out, and so will you.

**Q:** How do you recharge your liver/battery?

**A:** Your liver/battery needs good food to keep your body functioning.

Identifying things that clog your liver and make it stop working:

* Greasy food, starches, sugary food, juices, candy, cakes, and sodas
* Drugs, alcohol, fumes, smoke, hepatitis viruses

Do you want to keep your liver/battery working? How?

* Identify foods that are healthy, get fresh air, and exercise.