

WHAT DO YOU KNOW ABOUT ALOE?



Aloe Vera is a thick short-stemmed plant. Its leaves are full of slimy tissues that store water, making the leaves thick. The slimy water-filled tissue is the “gel” that people like to use for all sorts of things, like sunburns or other skin problems. The gel contains all kinds of good ingredients for us including vitamins, minerals, **amino acids** and **antioxidants**.



What are amino acids??

When you eat foods that have protein in them, your digestive juices (in your stomach) go to work. They break down this protein into basic units called **amino acids**. These amino acids can be reused to then make the proteins your body needs to maintain muscles, bones, blood and body organs. Talk about **recycling!!**

Penelope would be proud of this example of everyday science!! It is all around us!

If you would like to learn more about amino acids, you can go to kidshealth.org.



What are antioxidants?

Antioxidants are chemical compounds that protects cells against the effects of “free radicals.” *So what does that mean??* Think of it this way, antioxidants could be considered the vitamin “superheroes” who fight the chemical “bad guys” that try to make you sick. (Livestrong.com)

