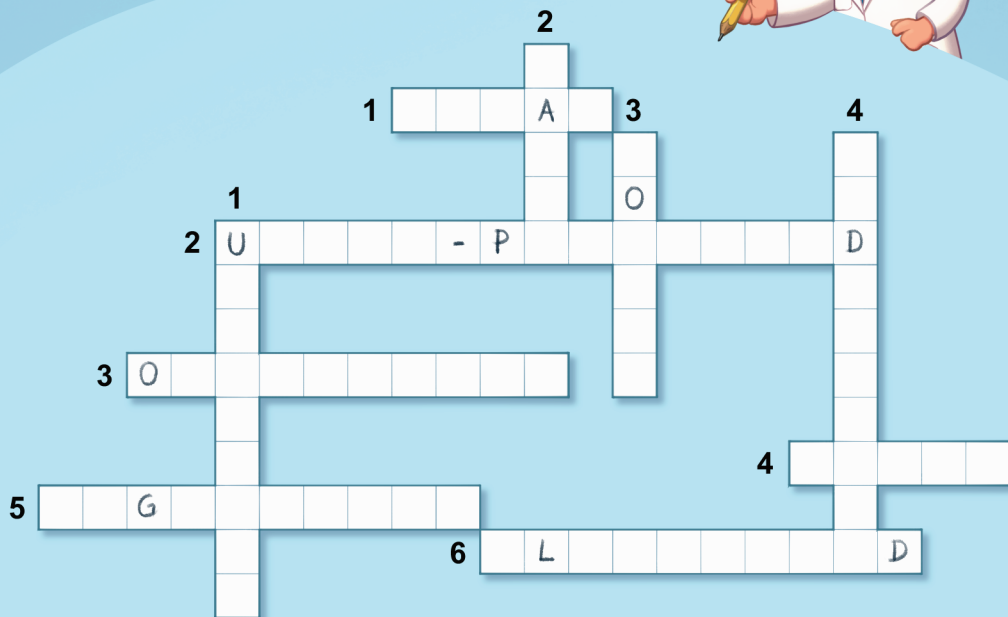




LIVY^{and} MYSTERY^{of the} MISSING ENERGY



CROSSWORD PUZZLE

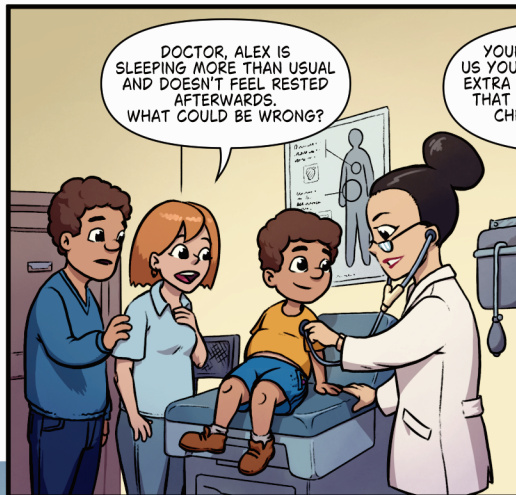


ACROSS

- 1 - THE LIVER IS AN ____.
- 2 - A WORD FOR FOODS WITH LOTS OF ADDITIVES, SUGAR, SALT, AND FAT.
- 3 - HAVING EXTRA FAT IN YOUR BODY.
- 4 - ORGAN THAT CLEANS YOUR BLOOD.
- 5 - YOU SHOULD EAT LOTS OF FRUITS AND ____.
- 6 - A MACHINE DOCTORS USE TO SEE INSIDE YOUR BODY.

DOWN

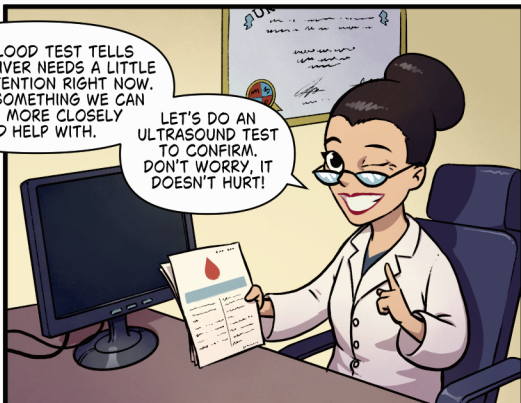
- 1 - EATING TOO MUCH SUGAR CAN BE ____.
- 2 - YOU NEED THIS TO STAY ALIVE AND HEALTHY.
- 3 - A HEALTH SPECIALIST WHO HELPS SICK PEOPLE.
- 4 - SWEET FOODS SHOULD BE EATEN IN ____.



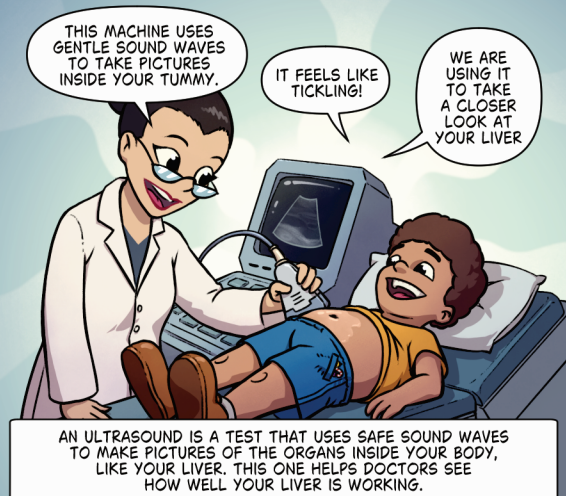
DOCTOR, ALEX IS SLEEPING MORE THAN USUAL AND DOESN'T FEEL RESTED AFTERWARDS. WHAT COULD BE WRONG?

YOUR BLOOD TEST TELLS US YOUR LIVER NEEDS A LITTLE EXTRA ATTENTION RIGHT NOW. THAT IS SOMETHING WE CAN CHECK MORE CLOSELY AND HELP WITH.

LET'S DO AN ULTRASOUND TEST TO CONFIRM. DON'T WORRY, IT DOESN'T HURT!



ACCORDING TO THE BLOOD TESTS, IT LOOKS LIKE ALEX HAS ELEVATED LIVER ENZYMES - THESE ARE LIKE ALARM SIGNALS IN THE BLOOD THAT TELL US HIS LIVER MIGHT BE STRESSED AND UPSET.

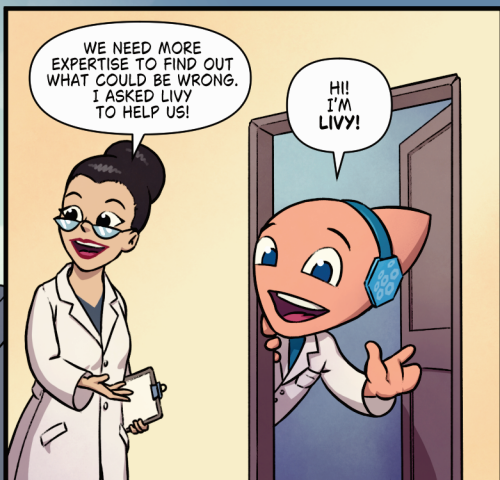


THIS MACHINE USES GENTLE SOUND WAVES TO TAKE PICTURES INSIDE YOUR TUMMY.

IT FEELS LIKE TICKLING!

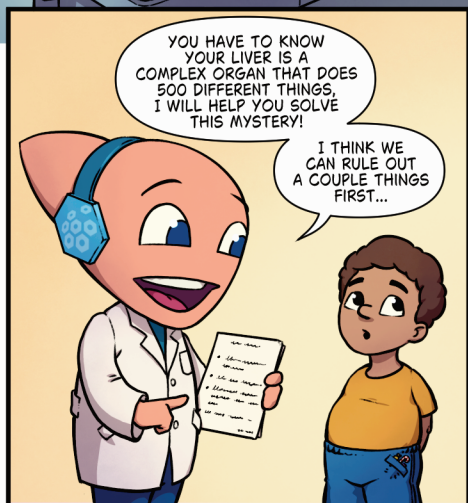
WE ARE USING IT TO TAKE A CLOSER LOOK AT YOUR LIVER

AN ULTRASOUND IS A TEST THAT USES SAFE SOUND WAVES TO MAKE PICTURES OF THE ORGANS INSIDE YOUR BODY, LIKE YOUR LIVER. THIS ONE HELPS DOCTORS SEE HOW WELL YOUR LIVER IS WORKING.



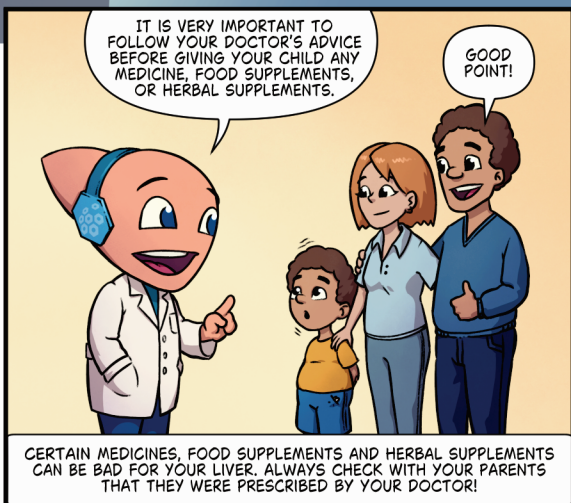
WE NEED MORE EXPERTISE TO FIND OUT WHAT COULD BE WRONG. I ASKED LIVY TO HELP US!

HI! I'M LIVY!



YOU HAVE TO KNOW YOUR LIVER IS A COMPLEX ORGAN THAT DOES 500 DIFFERENT THINGS. I WILL HELP YOU SOLVE THIS MYSTERY!

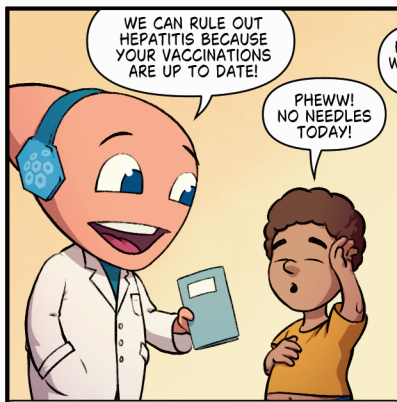
I THINK WE CAN RULE OUT A COUPLE THINGS FIRST...



IT IS VERY IMPORTANT TO FOLLOW YOUR DOCTOR'S ADVICE BEFORE GIVING YOUR CHILD ANY MEDICINE, FOOD SUPPLEMENTS, OR HERBAL SUPPLEMENTS.

GOOD POINT!

CERTAIN MEDICINES, FOOD SUPPLEMENTS AND HERBAL SUPPLEMENTS CAN BE BAD FOR YOUR LIVER. ALWAYS CHECK WITH YOUR PARENTS THAT THEY WERE PRESCRIBED BY YOUR DOCTOR!



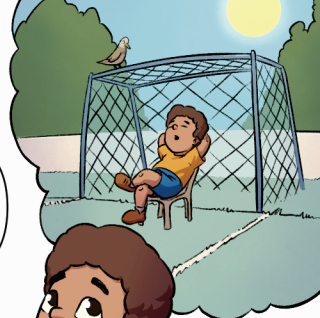
WE CAN RULE OUT HEPATITIS BECAUSE YOUR VACCINATIONS ARE UP TO DATE!

PHEWW! NO NEEDLES TODAY!

HMMMMM... WHAT COULD IT BE?

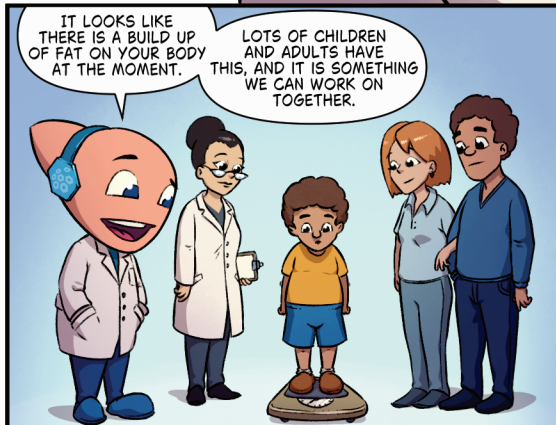
YOUR TEST RESULTS SHOW THAT YOUR LIVER LOOKS LIKE IT'S WORKING EXTRA HARD. LET'S FIND OUT WHY.

DO YOU PLAY OUTSIDE? DO YOU LIKE TO PLAY FOOTBALL OR DANCE OR DO ANOTHER SPORT?



ONE OF THE BEST WAYS TO PROTECT YOUR LIVER IS BY GETTING VACCINATED AGAINST HEPATITIS B INFECTION. THESE VACCINES TEACH YOUR BODY HOW TO FIGHT VIRUSES THAT CAN MAKE YOUR LIVER SICK.

PHYSICAL ACTIVITY HELPS TO PREVENT FAT FROM BUILDING UP IN THE LIVER, WHICH KEEPS IT WORKING SMOOTHLY.



IT LOOKS LIKE THERE IS A BUILD UP OF FAT ON YOUR BODY AT THE MOMENT.

LOTS OF CHILDREN AND ADULTS HAVE THIS, AND IT IS SOMETHING WE CAN WORK ON TOGETHER.

OVERWEIGHT CAN BE A RISK FACTOR FOR MANY DISEASES, INCLUDING LIVER DISEASE.

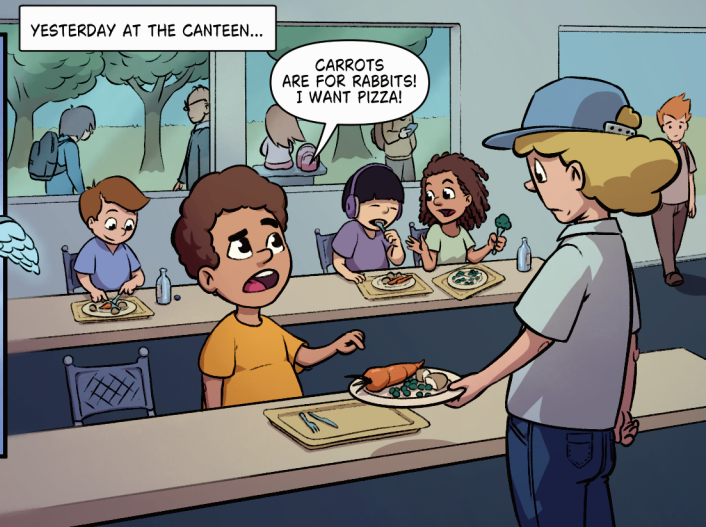


AHA! THERE IS ONE MORE THING... DO YOU EAT VEGETABLES DAILY?



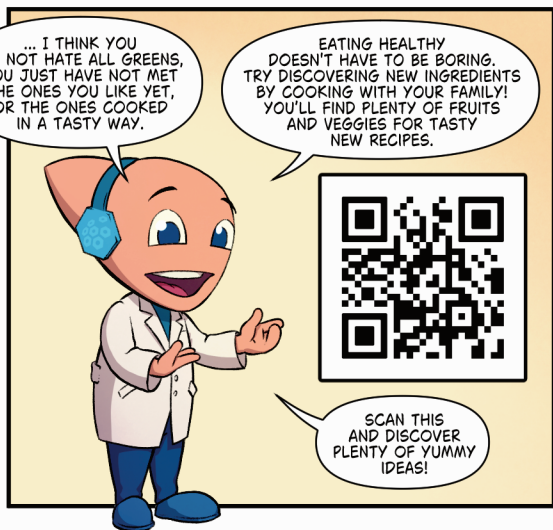
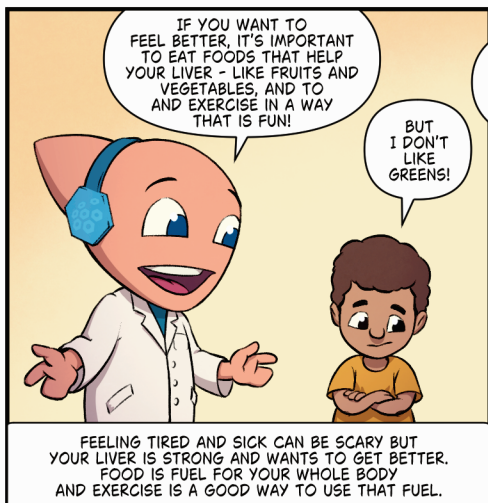
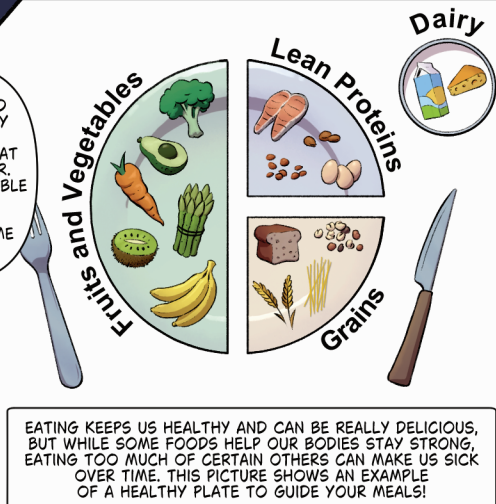
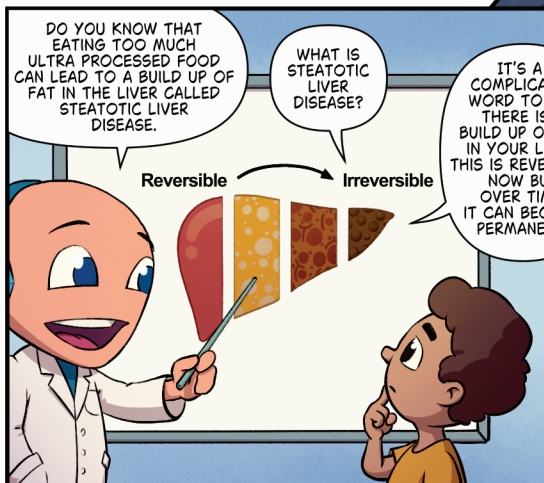
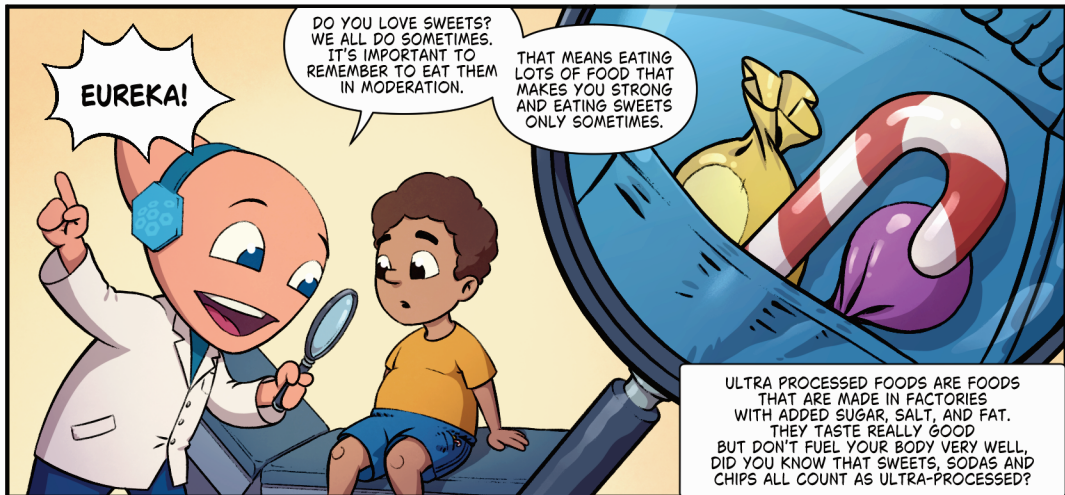
SAY YES! SAY YES!

TELL HIM THE TRUTH!



YESTERDAY AT THE CANTEN...

CARROTS ARE FOR RABBITS! I WANT PIZZA!





THESE RAINBOW FAJITAS LOOK AMAZING AND REMIND ME OF MEXICAN CUISINE!

A FEW MONTHS LATER...

THANKS TO LIVY'S ADVICE AND SMALL EFFORTS EVERY DAY, ALEX FELT STRONG AND HEALTHY AGAIN. EVERY LITTLE STEP COUNTS TOWARDS A HEALTHIER LIVER, AND A HEALTHIER LIFE.



RAINBOW FAJITAS



INGREDIENTS

- 400GR CANNED BEANS
- 1 AVOCADO
- 1 RED, AND 1 YELLOW PEPPER
- 1 RED ONION
- 1 TBSP OLIVE OIL
- 1 GARLIC CLOVE
- 1 LIME
- A PINCH OF CHILI POWDER, PAPRIKA, CUMIN
- 4 LARGE OR 8 SMALL FLOUR TORTILLAS
- 2 TBSP SOUR CREAM
- FEW LEAVES OF CORIANDER

STEPS

- 1 - CUT ALL OF THE VEGETABLES INTO LONG STRIPS.
- 2 - HEAT OIL IN A PAN, FRY PEPPERS AND ONION UNTIL TENDER CRISP.
- 3 - ADD GARLIC AND SPICES, COOK ABOUT 5 MINUTES, THEN STIR IN HALF THE LIME JUICE AND SEASON.
- 4 - ADD BLACK BEANS AND REMAINING LIME JUICE, HEAT THROUGH, THEN MIX IN CORIANDER.
- 5 - PUT THE MIXTURE IN A WARM TORTILLA WITH MASHED AVOCADO AND SOUR CREAM.

**TIP: SUBSTITUTE WITH
ANY VEGETABLES YOU LOVE!
YOUR CREATIVITY IS THE LIMIT!**

FIND LIVY!



Crossword puzzle answers
Across: 1 - organ / 2 - ultra-processed / 3 - overweight / 4 - liver / 5 - vegetables / 6 - ultrasound
Down: 1 - unhealthy / 2 - water / 3 - doctor / 4 - moderation

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Year of publication: 2026

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