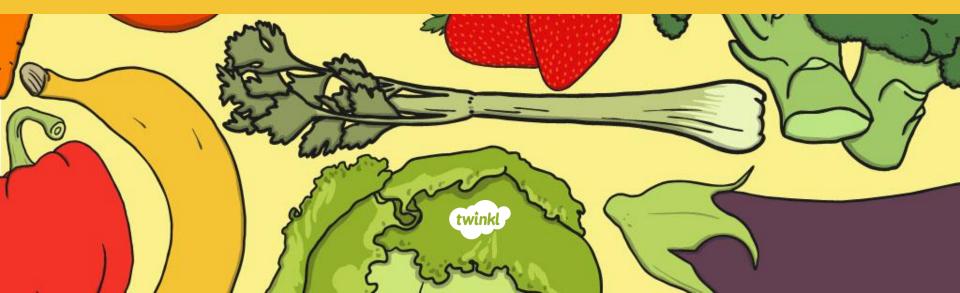


Healthy Living



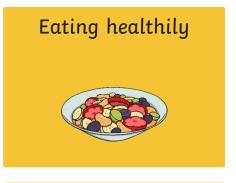


Staying Healthy

There are many ways to stay healthy.

Some of these ways are:









Why do you think being healthy is so important?

Exercising Is Fun!

Doing regular exercise will help us all feel great and keep our bodies strong!

Our hearts need to be kept active and pumping.

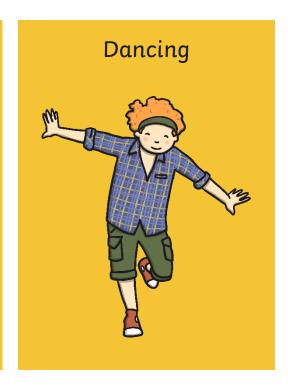
Exercise also burns fat.



Ways to Stay Active:







Can you think of any more?

We should aim to eat 5 portions of fruit and vegetables a day.

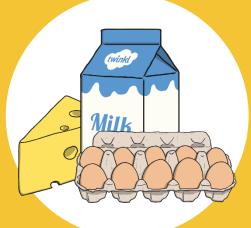
Fruit and vegetables



Fish and meat



Eggs, milk and cheese



Unhealthy Foods

It is perfectly fine to eat a little bit of unhealthy food but eating too much unhealthy food could make us overweight and not feel great.

Cakes and sweets



Chocolate



Chips and crisps



Can you think of any unhealthy things that people do?

Did you know that eating well and exercising stops us from being ill?

