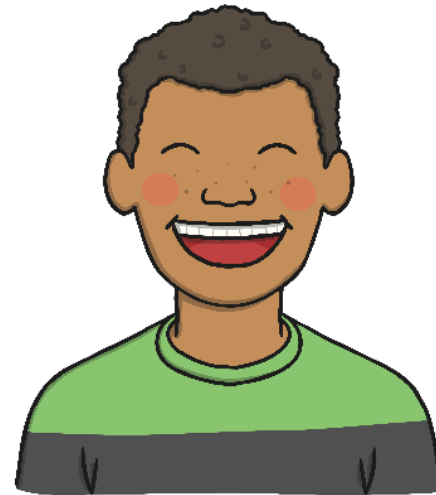


Healthy Eating and Living



There are many different ways to stay healthy. Some of these are:

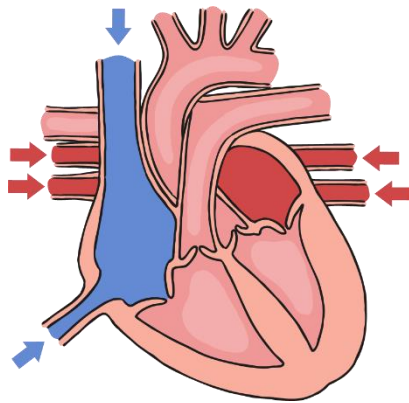
- Exercising often
- Eating healthily
- Having a happy attitude



Why do you think being healthy is important?

Exercising is fun!

Doing exercise often will help us all feel great and keep our bodies strong!
Our hearts need to be kept active and pumping.



Exercise also burns fat.

Here are a few easy ways to stay active:



walking



dancing



playing games

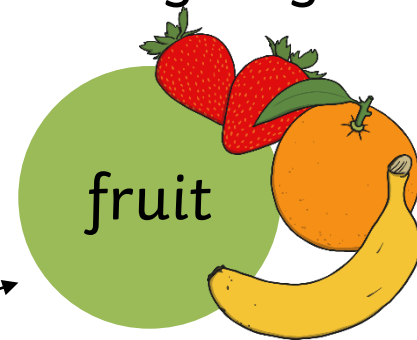
Can you think of any more?

Healthy Eating

Here are some healthy foods. We should aim to eat at least **5 portions** of fruit and vegetables every day.



fish and
meat



fruit



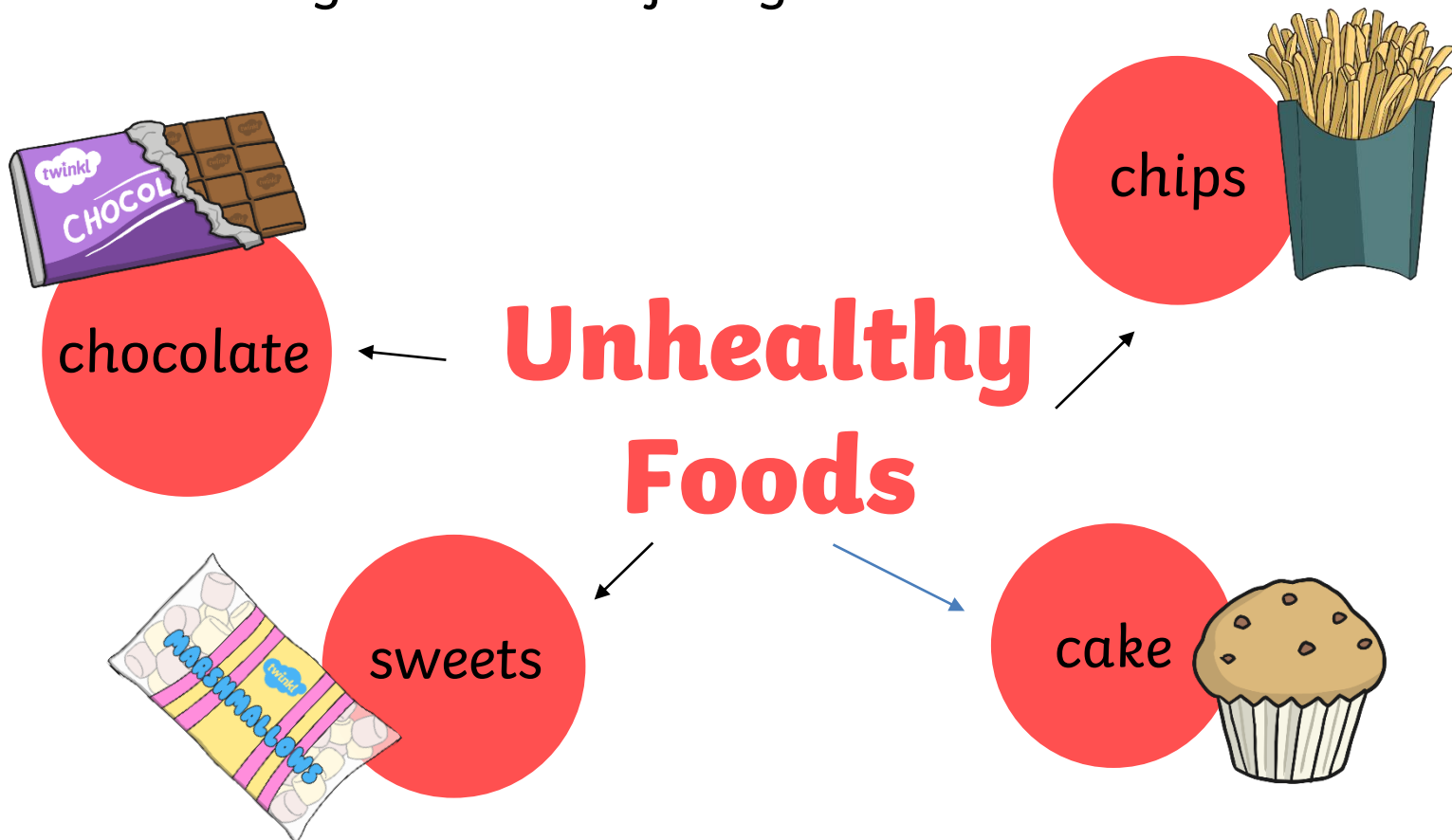
vegetables

Healthy
Foods



eggs,
milk and
cheese

It is perfectly fine to eat a little bit of unhealthy food. However, eating too much unhealthy food can make us overweight and not feel good.





Can you think of any **unhealthy** things that people do?

Did you know that eating well and exercising also prevents us from becoming ill!



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