



Healthy Living

What does it mean?

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There are many different ways to stay healthy.

Some of these are:

- Exercising regularly
- Eating healthily
- Having a happy attitude

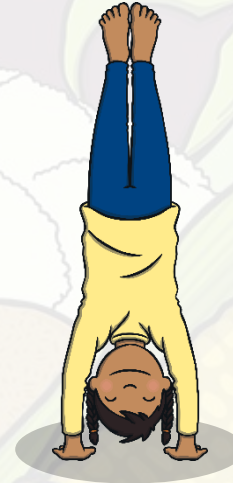
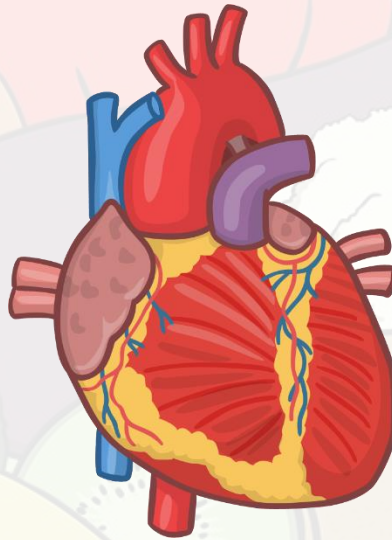


Why do you think being healthy is important?

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.

Here are a few easy ways to stay active



Walking



Playing games



Dancing

Can you think of any more?

Healthy Eating

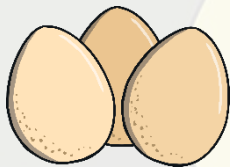
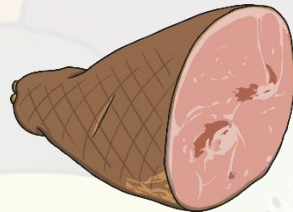
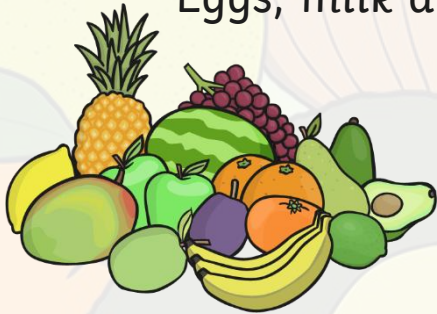
Here are some healthy and unhealthy foods. We should aim to eat at least **5 portions** of fruit and vegetables a day.

Healthy Foods

Fruit and vegetables

Fish and meat

Eggs, milk and cheese

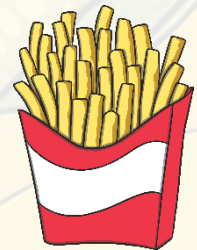


Unhealthy Foods

Cakes and sweets

Chocolate

Chips



Healthy Eating

Can you think of any unhealthy things that people do?

It is perfectly fine to eat a little bit of unhealthy food.

Eating too much unhealthy food could make us over weight and not feel great.

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

