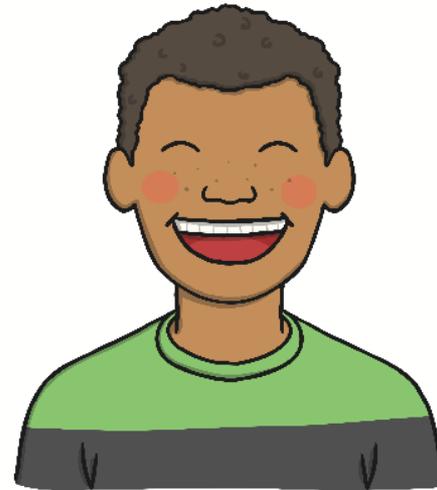


# Healthy Eating and Living



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

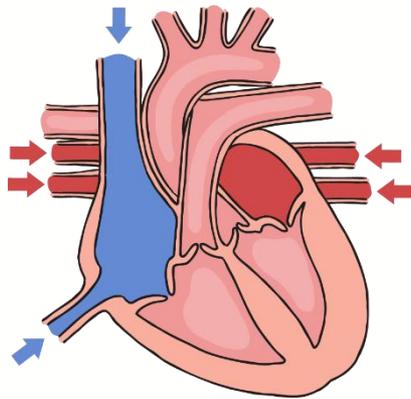
- Exercising often
- Eating healthily
- Having a happy attitude



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

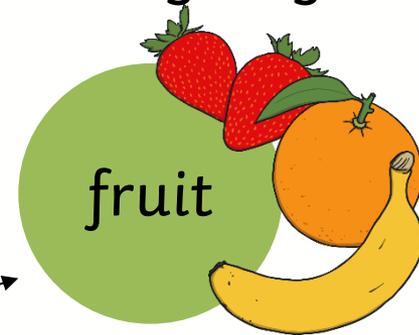
Can you think of any more?

# 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

Healthy  
Foods

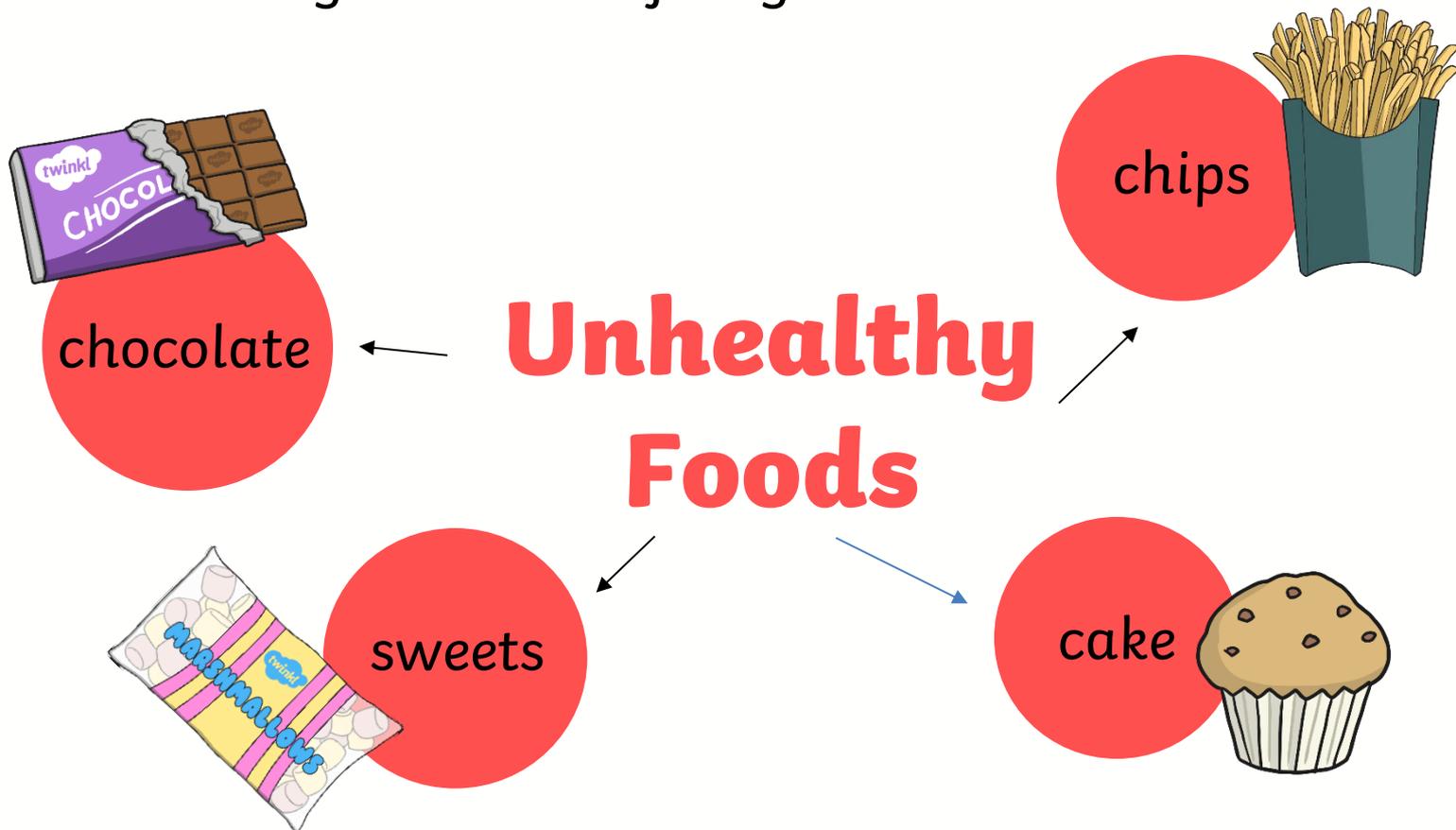


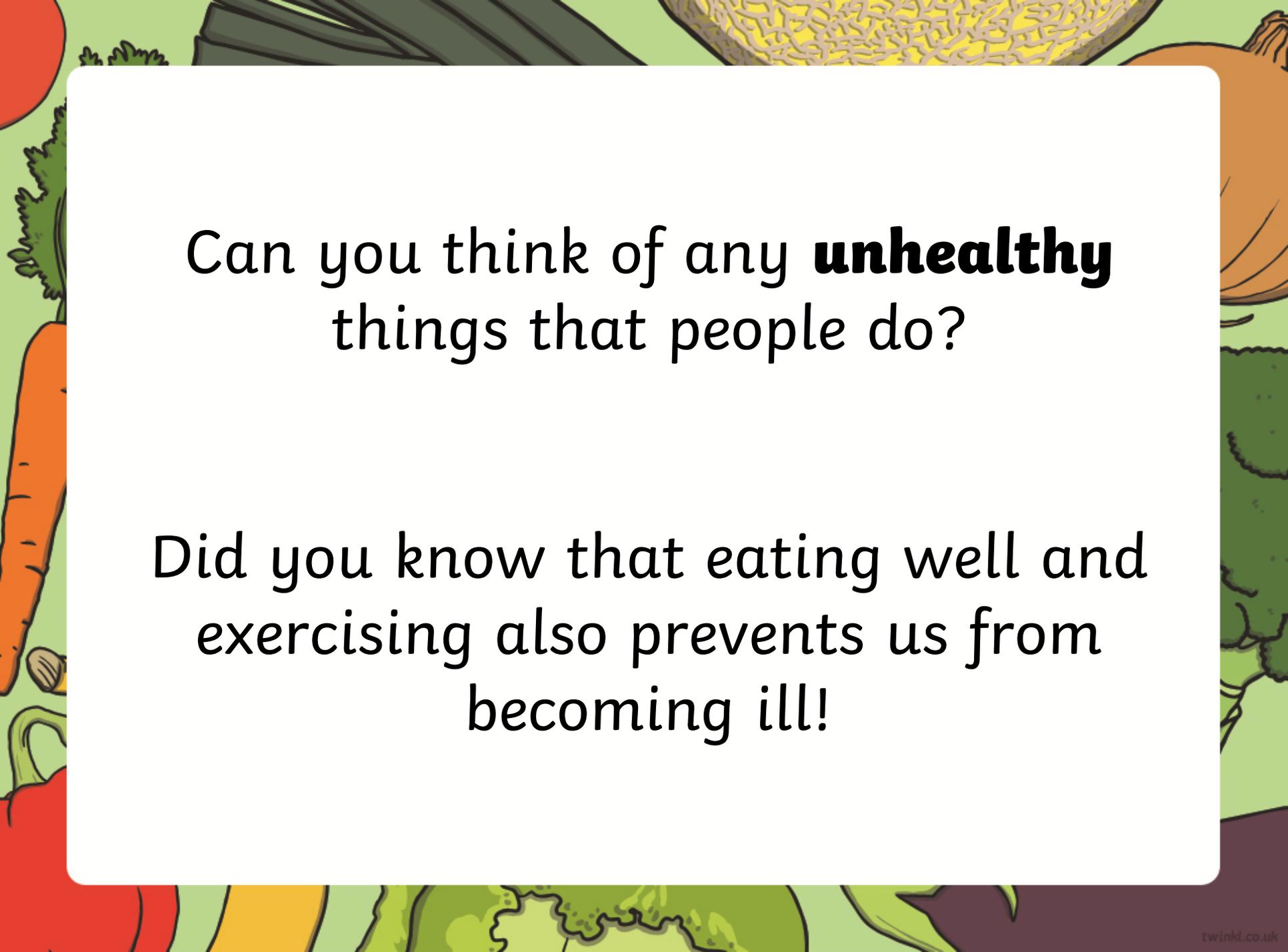
vegetables



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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