



# Keeping Healthy





# Talk about what you think 'healthy' means?



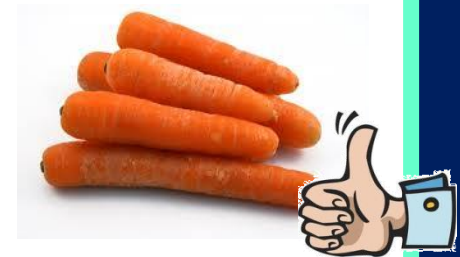
Being healthy means taking good care of yourself. You do this by:

- **Eating healthy food and having a balanced diet**
- **Exercising**
- **Having enough sleep**
- **Keeping clean**
- **Feeling good**



# Eating healthy food and having a balanced diet

Healthy foods are food that we need to help us grow. Which of these food and drinks do you think are healthy? Thumbs up if you think they are healthy, and thumbs down if you think they aren't.



It's OK to eat unhealthy food once in a while, but make sure you eat lots and lots of healthy food.



# Exercising

**Exercising helps our bones, muscles and heart strong.**

**When you exercise, you can feel your heart beating faster, and your breathing becoming deeper.**

**What kind of exercises do you do?**



# Having enough sleep

**We need to sleep so that our body and our brain can have a rest.**



**What time do you go to sleep at night? Do you get enough sleep?  
Children need about 10-11 hours of sleep.**





# Keeping Clean

We need to keep our bodies clean to get rid of germs, because germs can make us ill.



How can we keep our body clean?



# Feeling Good

Apart from keeping our bodies healthy, we have to keep our minds healthy too.



**What makes you happy?**



# So to live healthily, we need to...



**Eat healthy food**



**Exercise**



**Have enough sleep**



**Keep clean**



**Feel good**

