



# Healthy Living

What does it mean?

twinkl

There are many different ways to stay healthy.

Some of these are:

- Exercising regularly
- Eating healthily
- Having a happy attitude



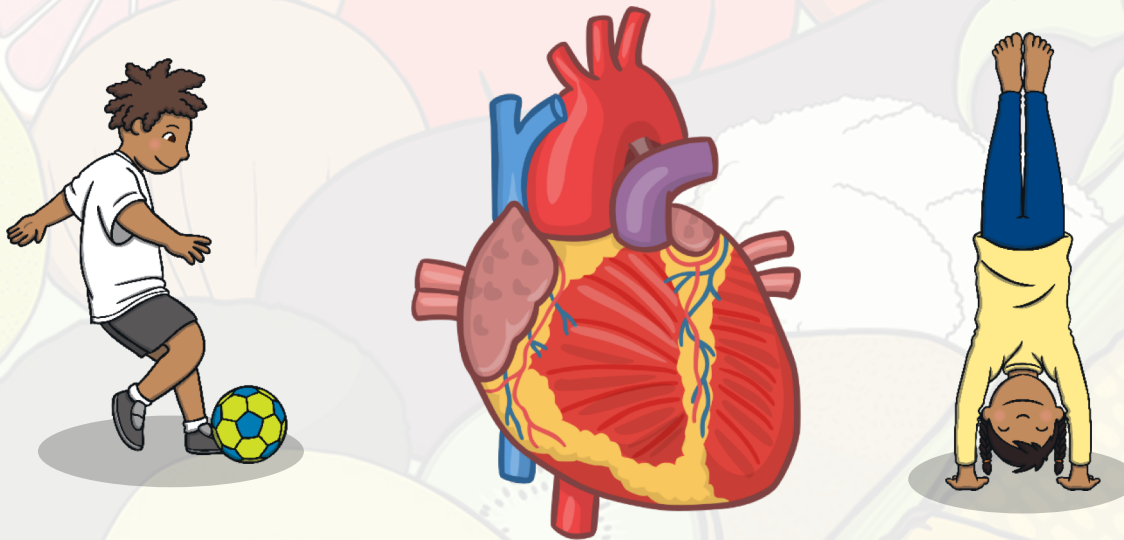
Why do you think being healthy is important?



# 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

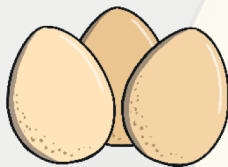
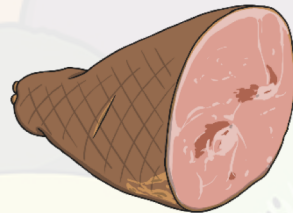
Here are some healthy and unhealthy foods. We should aim to eat at least **5 portions** of fruit and vegetables a day.

## Healthy Foods

Fruit and vegetables

Fish and meat

Eggs, milk and cheese

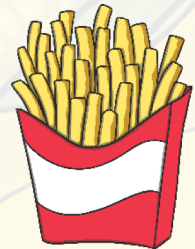
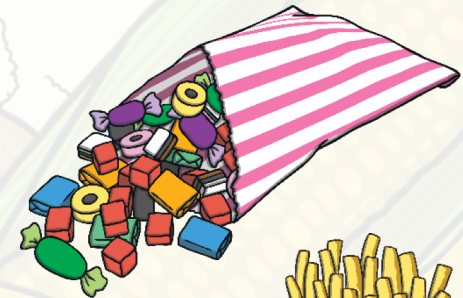


## Unhealthy Foods

Cakes and sweets

Chocolate

Chips



# Your turn

You have two tasks today...

- 1) Make a list of healthy and unhealthy foods.
- 2) Design a healthy eating plan for this week. What would you eat for breakfast, lunch and dinner this week?