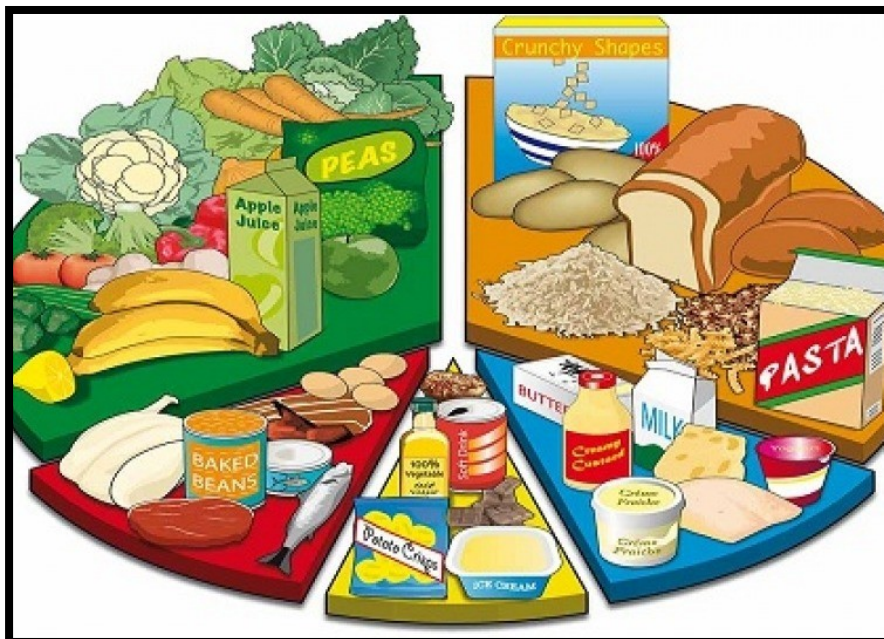




Vocabulary Top Ten:

balanced diet	We need to eat a balance and variety of foods from different groups to stay healthy.
dairy foods	Food products made from milk.
dehydrate	To lose water and dry out.
exercise	An activity requiring physical effort carried out to sustain or improve health or fitness.
fitness	It is your ability to complete physical activities.
healthy	Being well and fit.
hygiene	Activities which help to maintain good health especially through cleanliness.
nutrition	The process of providing or obtaining the food necessary for health and growth.
variety	It describes different forms or types of something.
well-being	It is your ability to feel positive, happy and healthy.

The Balanced Plate



Five ways to keep healthy



Eat healthy foods

Good hygiene



Exercise



Drink plenty of water



Sleep



To be healthy humans need to:

- ☺ eat a variety and balance of foods.
- ☺ drink plenty of water so that they do not dehydrate.
- ☺ do lots of exercise - exercise is good for your heart and strengthens muscles.
- ☺ get enough sleep - sleep helps your body to recharge and humans function better when they have had enough sleep.
- ☺ keep themselves clean to prevent the spread of germs. Germs are everywhere and some of them can make you ill but washing regularly will help to keep you safe.