

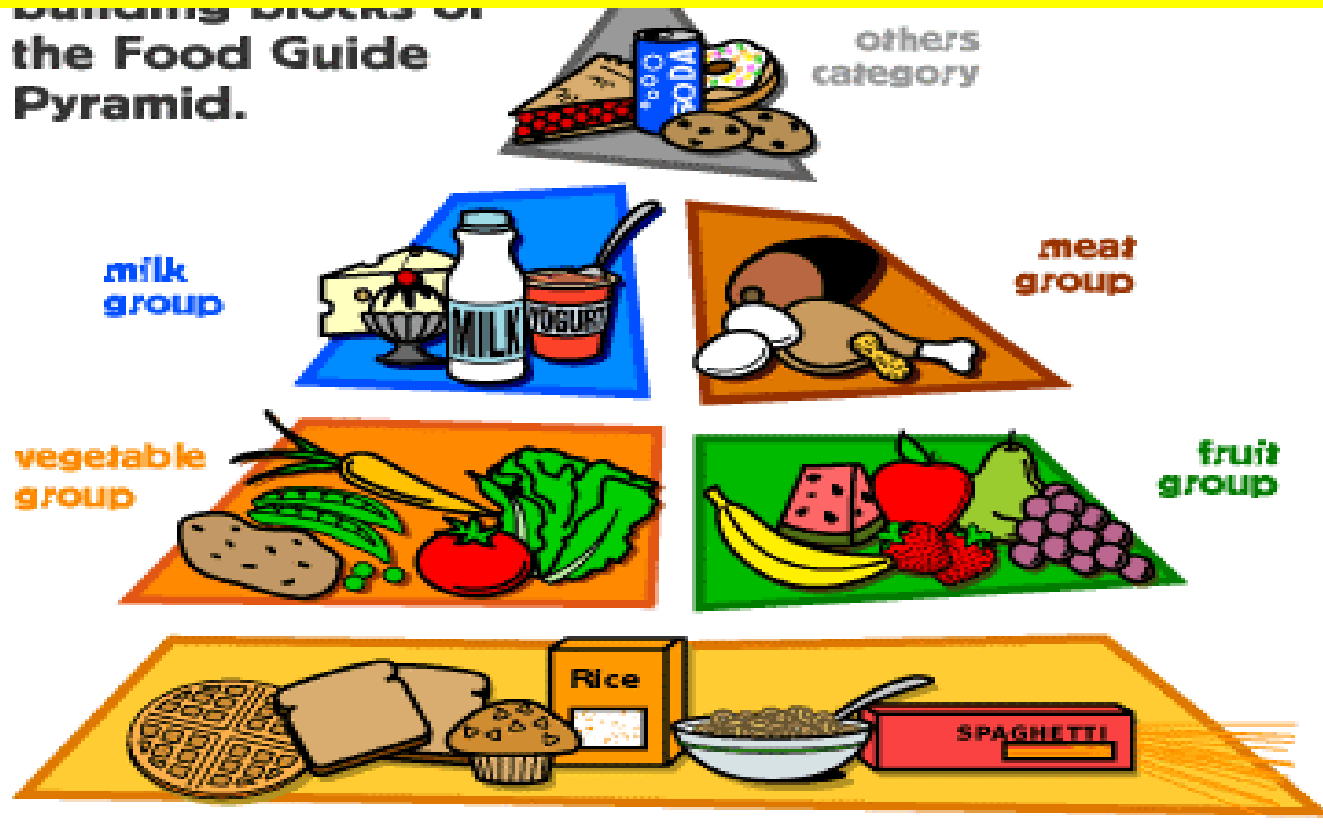
HEALTHY LIFESTYLE



Keeping healthy

A food triangle shows how much of each type of food we should eat.

Building blocks of the Food Guide Pyramid.



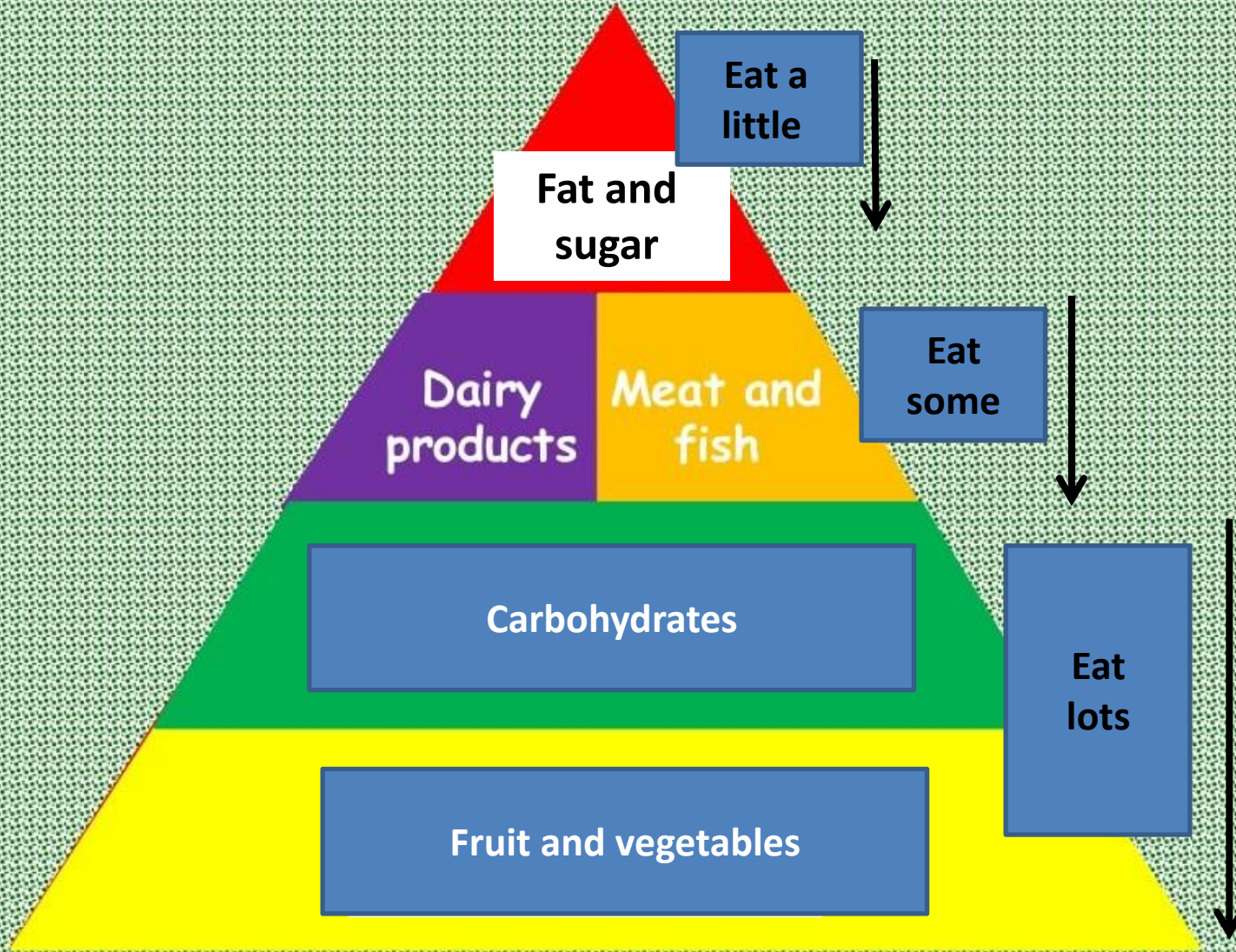
The food we eat is called our diet.



we need to eat lots of
different food to stay healthy.



The food pyramid



Being ill

When we feel sick or have a headache we say we are ill.



Germs are very small living things. **Germs can make us ill.**



Do these things to stop germs getting into your body.

Wash your hands after going to the toilet.



Wash your hands before eating



Don't eat dirty food or drink dirty water.



**Cover your mouth when you
cough or sneeze to stop germs
getting to other people.**



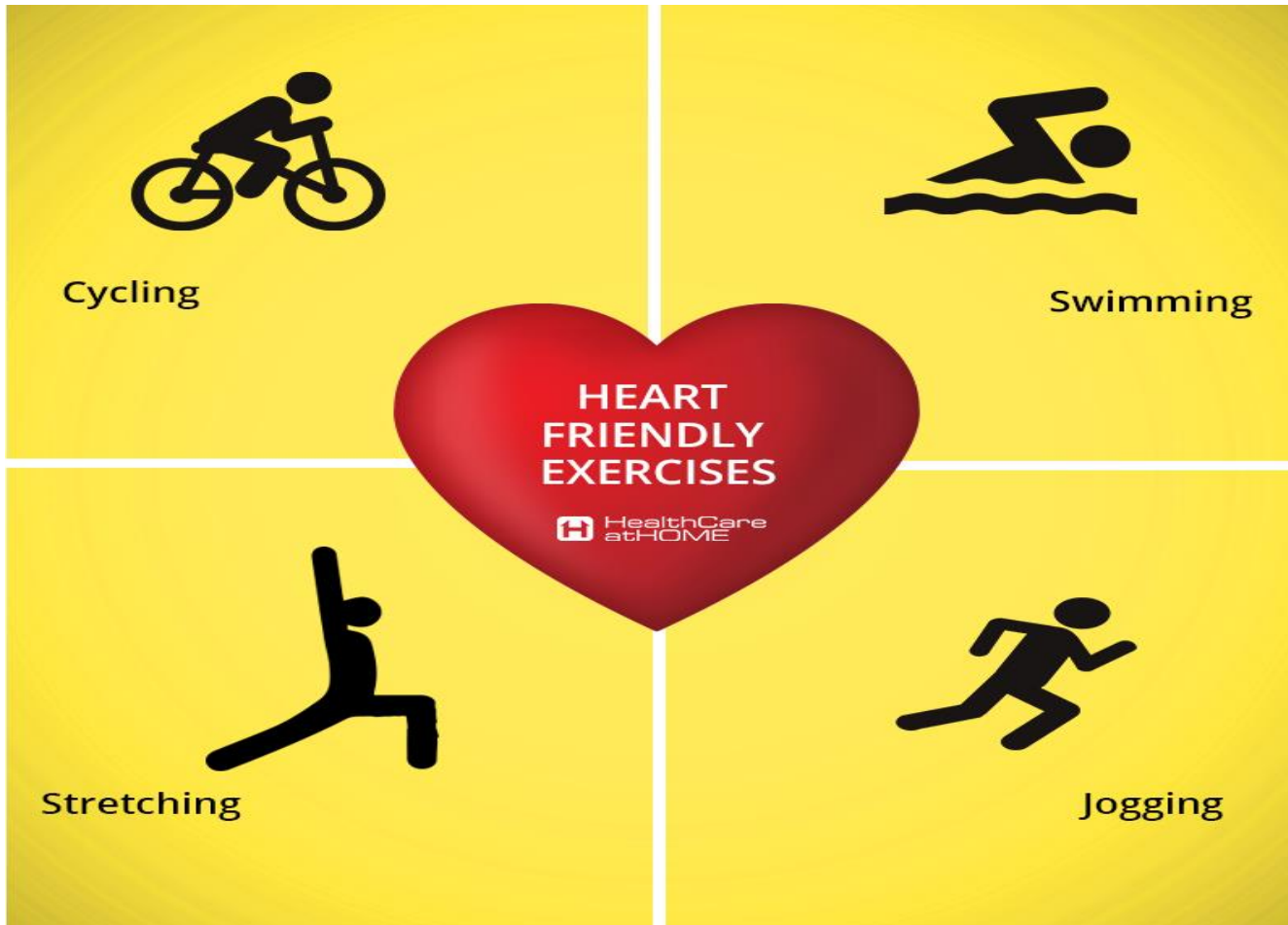
Doing Exercise makes your body
healthy



Exercise is when we use our
muscles to move our bodies.



Exercise makes your heart and muscles strong.



Your heart is a muscle.



Exercising makes you sweat.

You need to wash after exercising to
keep clean

keeping clean is keeping healthy



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Which of these is exercise?

Running, swimming and playing football are exercise, as they all use muscles.

**Which parts of the body get stronger
when you exercise?**

Your muscles and heart.

**Why is it good to wash your hands
before eating?**

To remove or kill any germs on your hands.