



The balance of good health

To keep our bodies healthy we need to eat a variety of foods. Do you know what is meant by food groups and the Eatwell Guide.

<https://www.nutrition.org.uk/healthyliving/healthydiet/eatwell.html>

Do you eat breakfast? It is an important meal to provide energy to help you cope with a busy morning at school. What makes a good breakfast?

<http://www.nhs.uk/Livewell/loseweight/Pages/Healthybreakfasts.aspx>

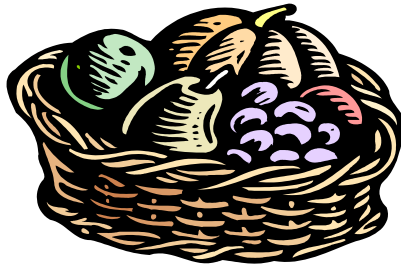


Find out more breakfast facts at

<http://www.shakeupyourwakeup.com/>

Do you know which fruits and vegetables are in season?

www.eattheseasons.co.uk/



Try some of these fun and healthy recipes

<http://parentingteens.about.com/cs/recipesforkids/a/funsnack.htm>



Is your lunchbox healthy? Have a look at these suggestions for lunchbox ideas. Which would you like?

<http://news.bbc.co.uk/1/hi/health/8454692.stm>

What do other children think about school lunches? Do you agree?

<http://www.bbc.co.uk/newsround/19801692>

The healthiest drinks are water and milk as they do not damage your teeth.

Why does your body need water?

www.kidshealth.org/kid/stay_healthy/food/water.html

What are the nutritional benefits of milk?

<https://www.healthline.com/nutrition/milk-benefits>

Calories are indicated on food packaging. Do you understand calories?

http://www.nutracheck.co.uk/Library/Calories/understandingcalories_1.html#.UnkACVMnV3U

Good health is also about exercise. Easy ways to get exercise: kick a ball round at the park; fly a kite; try skipping!

Make your own kite

www.scratch-pad.com/kites/make.html

