

## Be Healthy, Be Happy!



Your body can do all sorts of things! It is important to make healthy choices in order to keep it working at its best. Here are some ways to help you keep your body and your brain strong!

### Eat Balanced Meals

If you were a car, food would be the fuel you run on. The healthier the food we eat, the more energy we will have to do fun things. Healthy food is also full of vitamins and minerals, which help our bodies grow and function. It is important to eat the right amounts of different types of food for our bodies to be at their best!

Here are some tips to remember:

- Eat 5 servings of fruit and vegetables a day
- Choose whole wheat bread instead of white
- Sweets are treats! Too much sugar is bad for your teeth, your heart, and can even make it hard for your brain to concentrate.
- Always wash your hands before you eat!



## Exercise

Staying active is a very important part of being healthy. Playing team games like football, tennis, basketball or rugby are fantastic ways to have fun exercising with your friends.

Running races, riding bikes, swimming and going for a walk are also great ways to be active. However you do



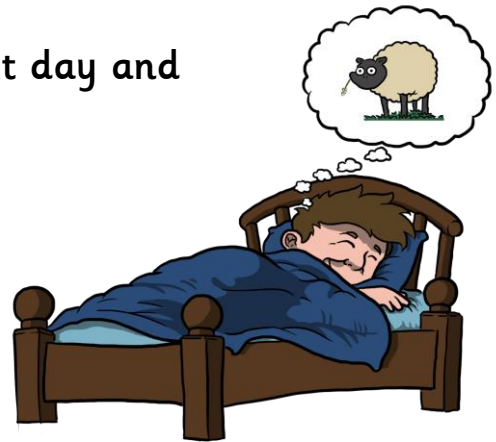
it, exercising for at least an hour every day will keep your heart and muscles strong!

## Drink Water

Feeling thirsty is your body's way of telling you it needs water. Drinking water keeps us hydrated. This helps your body to move, and also helps your mind to think properly. When you haven't had enough water to drink, you become dehydrated – this can make you very ill! Try to avoid drinking sugary fizzy drinks, because they can make you more thirsty. Drinking 6 to 8 glasses of water a day will keep your body and your brain hydrated and happy!

## Sleep

Sleep is when your body recovers from everything you did the day before. It is also when your body grows! It is important to get between 9 and 11 hours sleep every night. Getting enough sleep and being well rested will help you think and learn. The light from a tablet or watching TV before bed can sometimes keep you from sleeping properly. Not getting enough sleep can affect your mood the next day and make it hard to concentrate.



## Have Good Hygiene

Having good hygiene means looking after your body by keeping it clean. Dental hygiene is important too. Brushing and flossing your teeth will keep cavities from forming or plaque from building up. You can practice good hygiene by regularly cleaning your teeth, getting a bath or a shower, and washing your hands – especially after using the toilet and before you eat! This will keep germs from making you ill. Follow these guidelines and you will be on the right track to making healthy choices for your body and your brain. Be healthy, be happy!

Section A

1. Why is it important to wash your hands before you eat?

2. How long should you exercise every day?

3. How many glasses of water should you drink every day?

4. How much sleep should you get every night?

**Section B**

5. What do you think the author means by ‘healthy choices’?

6. Give an example of 5 different fruits and vegetables you might eat in one day.

7. What is your favourite way to exercise?

8. What does dehydrated mean?

**Section C**

9. Is it okay to eat sweets or chocolate sometimes?

10. Which examples of being active could you do without a team?

11. Why do you think looking at tablet or phone screens can keep you from falling asleep?

12. What might happen to your teeth if you don't brush and floss them?

**Section D**

**13. Why is it important to eat different kinds of food?**

**14. What are muscles?**

**15. How does being hydrated benefit you?**

**16. How can being tired change your mood?**

Section A

Find these statements in the text and write the subheading they are found under.

<u>Statements</u>	<u>Subheading</u>
Running races, riding bikes, swimming and going for a walk are also great ways to be active.	
Feeling thirsty is your body’s way of telling you it needs water.	
Healthy food is also full of vitamins and minerals, which help to make our bodies strong.	
Brushing and flossing your teeth will keep cavities from forming or plaque from building up.	
Getting enough sleep and being well rested will help you think and learn.	

Section B

Highlight the healthy choices.

- Sleeping for 9 hours a night.

Washing your hands before eating.
- Staying up late playing tablet games.

Only eating jam sandwiches.
- Eating chocolate cake for breakfast.

Dancing.
- Having fruit for a snack at break time.

Staying up as late as you can at night.
- Playing outside with your friends.

Practicing football by yourself.
- Watching TV for five hours in a row.

Riding your bike to school.
- Brushing your teeth twice a day.

Getting a bath.
- Drinking water instead of soda.

Drinking less water when it’s hot out.



Section C

Decide whether the following statements are true or false. Correct the false statements in the space below.

Statement	True	False
Brushing your teeth can lead to cavities.		
You should get between 9 and 11 hours of sleep every night.		
Exercising is only effective if you do it with a team.		
Food gives us the energy we need to be active and learn.		
You should only eat fruits and vegetables.		

Section D

Use clues from the text to help you match each word with its meaning.

- | Word           | Meaning  |
|----------------|--|
| 1. plaque      | a) to lose a large amount of water                     |
| 2. dehydrate   | b) focus one’s attention                               |
| 3. vitamins    | c) a substance that builds up on teeth                 |
| 4. concentrate | d) a hole that forms in a tooth                        |
| 5. cavities    | e) substances found in food that we need to be healthy |