

To stay healthy I can :



Get enough sleep



Exercise regularly



Eat a balanced diet

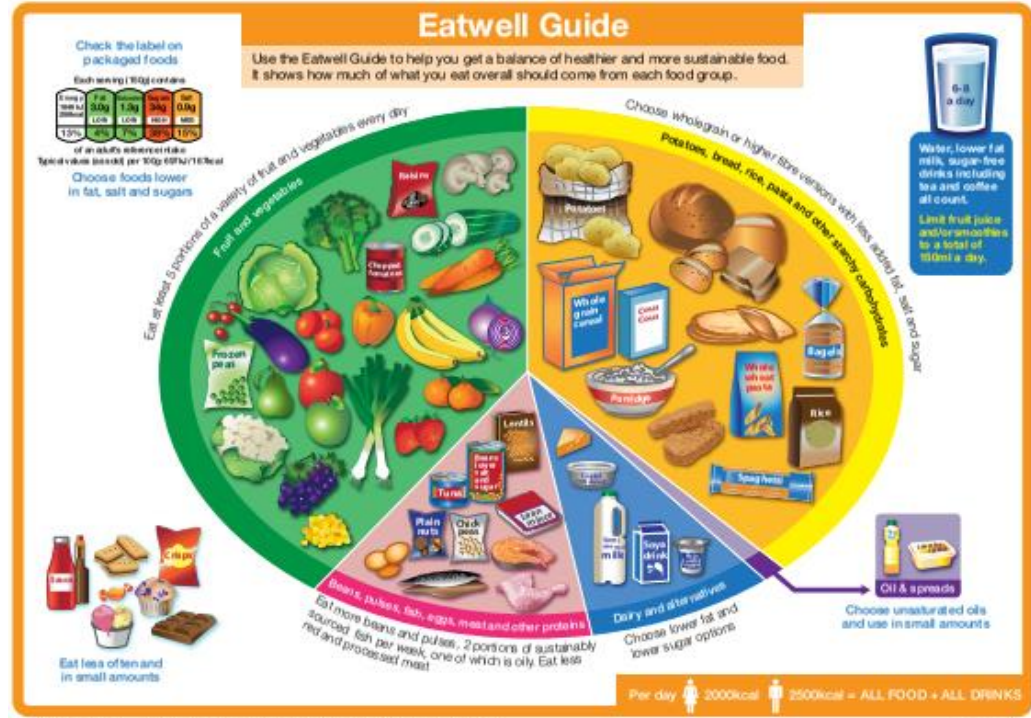


Drink lots of water



Spend time in nature

Nutrition and balancing your diet



Food can be divided into different food groups.

Everyone should eat at least five portions of fruit and vegetables every day

Vocabulary Tier 2
lifestyle, healthy choice, benefits of physical activity, balanced choices, rest, sleep, .

Vocabulary Tier 3
nutrition, hygiene, active living, personal responsibility

