

Did you know?



Read these interesting facts about being healthy with a parent, carer or teacher.



Regular exercise, lots of sleep and a balanced diet are needed to keep our bodies healthy.



It is important to have at least one hour of exercise every day.



Healthy foods include fruits, vegetables, dairy products, meat, fish and cereals.



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



Sports are physical and skilled activities where individuals or teams compete.



Sports include football, tennis, running and rugby.

Key vocabulary

 Explore these words together. Talk with an adult about what each word means and use the words in a sentence or as you play.



body



cereal



dairy



diet



drink



exercise



fish



food



football



fruit



healthy



portion



meat



rugby



running



sleep



sport



team



tennis



vegetable