Staying Healthy and Fit

Learning objective: To understand the importance of a balanced diet, regular exercise and good hygiene for maintaining good health and fitness.

Choose the correct answers to the following questions. Remember, a healthy body and mind are important for enjoying life!

Word bank: food · exercise · hygiene · diet · regularly · fresh · healthy

1. What is one way to keep our teeth and gums healthy? (1 mark)

2. What should we do 'regularly' to keep our bodies strong and fit? (1 mark)

3. What type of food is good to eat to keep our bodies 'healthy'? (1 mark)

4. Why is 'hygiene' important for our health? (2 marks)

5. How can we stay 'healthy' by eating the right 'diet'? (2 marks)

6. What is one way to keep our minds 'healthy'? (1 mark)

7. What do we need to do 'regularly' to keep our bodies 'fit'? (1 mark)

Draw: Draw a picture of a healthy meal. Include a variety of colours and some of your favourite foods.

Extension challenge: Design a poster to promote healthy eating and regular exercise. Remember to include some fun and healthy ideas!