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.

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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

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