



The balance of good health



To keep our bodies healthy we need to eat a variety of foods. Do you know what is meant by food groups and the Balanced Plate?

<https://www.foodafactoflife.org.uk/3-5-years/healthy-eating/eatwell-guide/>

Do you eat breakfast? It is an important meal to provide energy to help you cope with a busy morning at school. What makes a good breakfast?

<http://www.nhs.uk/Livewell/loseweight/Pages/Healthybreakfasts.aspx>



Find out more breakfast facts at

<https://www.sainsburysmagazine.co.uk/lifestyle/food/top-10-breakfast-facts>

Do you know which fruits and vegetables are in season?

www.eattheseasons.co.uk/
Try some of these fun and healthy recipes



<http://parentingteens.about.com/cs/recipesforkids/a/funsnack.htm>



Is your lunchbox healthy? Have a look at these suggestions for lunchbox ideas. Which would you like?

<http://news.bbc.co.uk/1/hi/health/8454692.stm>

Do you think that school lunches are unhealthy?

<https://www.independent.co.uk/lifestyle/food-and-drink/kids-children-school-lunches-canteen-unhealthy-a9072816.html>

The healthiest drinks are water and milk as they do not damage your teeth.

Why does your body need water?
www.kidshealth.org/kid/stay_healthy/food/water.html

What are the nutritional benefits of milk?

<http://www.fitday.com/fitness-articles/nutrition/healthy-eating/6-health-benefits-of-milk.html>

Calories are indicated on food packaging. Do you understand calories?

http://www.nutracheck.co.uk/Library/Calories/understandingcalories_1.html#.UnkACVMnV3U

Good health is also about exercise. Easy ways to get exercise: kick a ball round at the park; fly a kite; try skipping!

Make your own kite
<http://www.skratch-pad.com/kites/make.html>

