

**Keeping Healthy/ Living Well.**

Please watch the following clip about what humans need to stay healthy: <https://www.bbc.co.uk/bitesize/topics/z9yycdm/articles/zxvkd2p> , the following questions will be centred around the video.

1. Being healthy makes you feel good but also reduces the chances of you becoming ……………………………..?
2. A balanced diet should be eaten but what types of food should you be eating 5 times a day?

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1. A side from eating healthy what two other things can you do to make your body stronger and fitter?

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1. What does having good hygiene mean?

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1. Where are the three surfaces that germs like to live?

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1. What could you do to stop germs from getting inside you and making you ill, also to stop them from spreading?

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1. What does sleep allow your body to do?

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Exercise: Diet:

On the plate below please draw what you think is a healthy, balanced meal, that you would like to eat for dinner, think about what types of food to include to stay healthy.

Apart from dieting, exercise is key to staying healthy, children should be doing two different types physical activity per week, aerobic exercise and exercises strengthen their muscles and bones.

In the space below make a list of as many different ways you could exercise to stay healthy:

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