



## Healthy Habits

### NUTRITION VITAL VITAMINS!

#### Vitamin A

Found in Carrots, Apricots, Fish  
Helps you grow and develop!

#### B Vitamins

Found in Chicken, Oats, Eggs  
Looks after your blood, heart and skin

#### Vitamin C

Found in strawberries, broccoli, oranges  
Fights illness and gives you healthy bones!



### KEEP ACTIVE

Join in with  
the 1k a day

Keeps your heart  
healthy.

### LIVE WELL

When is your  
bed time?

Remember, you need at  
least 10-11 hours in order  
to rest for a new day



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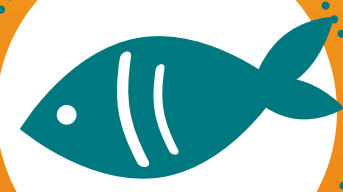


# Healthy Habits

## NUTRITION FISHING FOR NUTRIENTS!

Fish are very good for you, here's why!

- They contain essential oils and vitamins that only a few foods have
- They help to keep your brain and heart healthy
- They are full of protein to keep you strong
- They are great brain food to keep you thinking!
- Fish is very tasty. Lots of people like salmon, kippers and tuna as well as cod and haddock used in your fish and chips!



## KEEP ACTIVE

### Practice skipping!

Skipping is great fun and with enough practice, you'll be a pro.

- Skipping with your friends helps you to work together as a team and improves your rhythm
- Skipping for 10 minutes a day keeps you fit and healthy
- The world record for the most skips in 30 seconds is 162, wow!

## LIVE WELL

### How long do you spend looking at screens?

Try to spend time with others to keep happy and healthy. Remember, you can't beat listening, laughing and chatting with friends and family.



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# Healthy Habits

## NUTRITION

To make sure you are eating food at its tastiest, check if it's in season!

 Spring 

Broccoli, cherries, carrots, rhubarb

 Summer 

Tomatoes, plums, strawberries

 Autumn 

Pumpkin, apples, pears

 Winter 

Parsnips, potatoes, chicken

"Knock, knock..."

LIVE WELL

## It's good to laugh!

Laughing is really good for you. It can help your heart and relaxes you (a few minutes later). A very good reason to tell a joke today!



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KEEP ACTIVE

How do you keep active?

These are the most popular hobbies amongst children your age in the UK

Swimming  
Football  
Bike riding  
Walking  
Gymnastics

Try a new one out it might become your favourite. Other sports you could try include tennis, cricket and bowling!





# Healthy Habits

## NUTRITION

### WHAT'S ON YOUR PLATE?

Your balanced plate should include:

- **Fruit and Veg** - You need at least 5 of these each day.
- **Starchy foods** - These give us energy and include rice, bread and pasta.
- **Dairy** - These contain calcium to keep our bones strong. Milk and cheese are dairy foods.
- **Protein** - Eggs, meat and beans are all tasty proteins.



## KEEP ACTIVE

### Small ways to keep active:

- Play games - tag, hide and seek and hopscotch all keep you moving as well as being really fun.
- Help with chores around your house - hoovering, lifting and running up and down stairs will leave you puffed out!
- If you own a dog, walk it each day - work as a team!



## LIVE WELL

### Stay Hydrated!

All that activity is thirsty work! You should drink around 6-8 glasses of fluid a day and milk and water are best!

Drinks that are fizzy contain lots of sugar which is bad for your teeth. Keep a water bottle and fill it up when you can.

