

Information Text: Explanation Example Text

How Can We Stay Healthy?

There are lots of things we can do to stay healthy and to keep illnesses away. Changing what we eat and how much we exercise can help us to improve our health. Read on for lots of useful facts and tips to help you to be the healthiest you can be.

Food and Drink

All living things need food and drink to survive. The type of food we eat and the types of drinks we have are important.

Food Types

There are six groups of food. These are fruit and vegetables, starchy foods, meat, dairy, fats and sugary foods. Some of these foods are better for us than others.

Fruit and Vegetables and Starchy Food

Fruit, vegetables and starchy foods are very good for us because they contain vitamins and minerals. Vitamins and minerals help our bones, skin and muscles to stay strong and healthy. We should try to include these in every meal and to eat them as snacks. You could swap your chocolate snack for a crunchy apple or try a juicy pear.



Meat and Dairy

Meat and dairy food like cheese and milk are also good for us but we shouldn't eat these more than two or three times a day. Meat and dairy foods help us to have strong bones and muscles. A cold glass of milk with your breakfast or lunch is a good choice!

Sugary and Fatty Foods

Foods like chocolate and cake are yummy but they are very high in sugar and fat. This kind of food isn't good for us. These foods should only be eaten as a treat no more than once a day.

Did You Know?

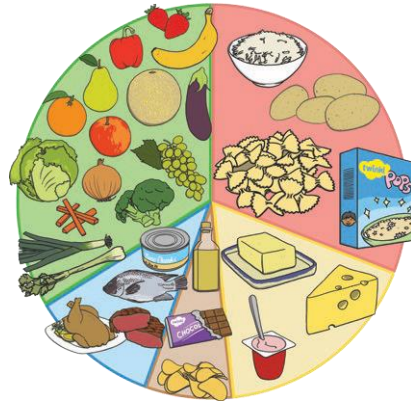
Sugary treats are bad for your teeth. You shouldn't eat these too much and you should try to eat them at meal times.

Healthy Plate

A healthy meal should have more fruit, vegetables and starchy food than anything else. The diagram below shows how much of each kind of food should be on your plate.

Drinks

The best drinks for staying healthy are water and milk. Fruit juices can be good for us but they can have a lot of sugar in them. Fizzy drinks are not good for us at all.



This is a healthy plate

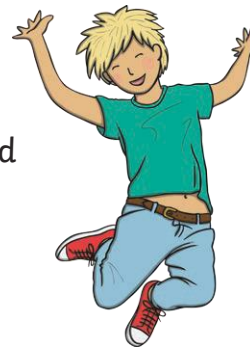
Exercise

To stay healthy our bodies also need exercise. Exercise helps to keep our muscles strong. Children should have at least sixty minutes of exercise a day.

What Kind of Exercise?

Lots of the fun things you already do are good exercise. Your heart should beat faster and you should be a bit breathless when you exercise. Some exercises you could try are:

- riding a scooter
- walking a dog
- playing tag in your school's playground
- playing football
- playing hockey
- bouncing on a trampoline
- dancing



Remember to use the right safety equipment and to exercise carefully.

Staying fit and well doesn't have to be difficult. You will be well on your way to staying healthy if you eat the right things and move more.

How wonderful it is to feel health

