



# HEALTHY LIVING

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- **EAT SENSIBLY**
- **TAKE EXERCISE REGULARLY**
- **AVOID UNNECESSARY HEALTH RISKS**

# THE SEVEN FOOD TYPES

Food group	Why you need them	Which Foods have them
Carbohydrates 1) Starches	For energy	Bread Pasta Cereals Rice
Carbohydrates 2) Sugars		Biscuits Cakes Sweets
Proteins	For cell growth and repair	Fish Meat Milk Eggs
Fats	For energy	Milk, Cheese Butter Cooking oil Meat
Vitamins and minerals	For healthy cells	Fruit Vegetables Dairy products
Fibre	Helps food move through the gut	Whole grain bread Cereals Fruit Vegetables
Water	70% of the body is water	Drinks (Some foods)



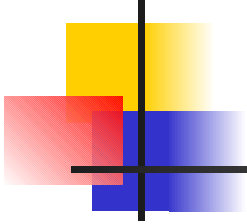
# EXERCISE IS IMPORTANT FOR A HEALTHY BODY

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- It strengthens the muscles.
- It develops the lungs.
- It helps body co-ordination develop (so you can catch and throw).
- It uses up food for energy and may prevent the body getting fat.
- It can help you sleep at night time.

# UNHEALTHY LIVING

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## SMOKING

This causes heart attacks, blocked arteries, lung cancer and breathing problems. Tobacco contains nicotine which causes addiction.



# UNHEALTHY LIVING

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## SOLVENTS



Sniffing glue and paint is extremely dangerous.

It damages the brain and is addictive.

# UNHEALTHY

# LIVING

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## ALCOHOL

In small amounts it is not as harmful as smoking, but it slows down your reactions. Heavy drinking damages the liver, heart and stomach. It causes your blood pressure to rise.





# UNHEALTHY LIVING

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## DRUGS

These can be dangerous if misused. Many are addictive and they can cause damage to the brain ( or worse ).



# KEEPING HEALTHY

Food has three important jobs to do in our bodies; each job is done best by one type of food.



Job 1 is to provide the body with energy so that we can be active. This job is done by carbohydrates such as sugars and starch. Good sources of carbohydrates include bread, potatoes, rice and pasta. We also get energy from fats and oils, such as butter and olive oil.



# KEEPING HEALTHY

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**Job 2 is to help build the body so that we grow. This job is done by proteins. Good sources of proteins include eggs, fish, meat and beans.**

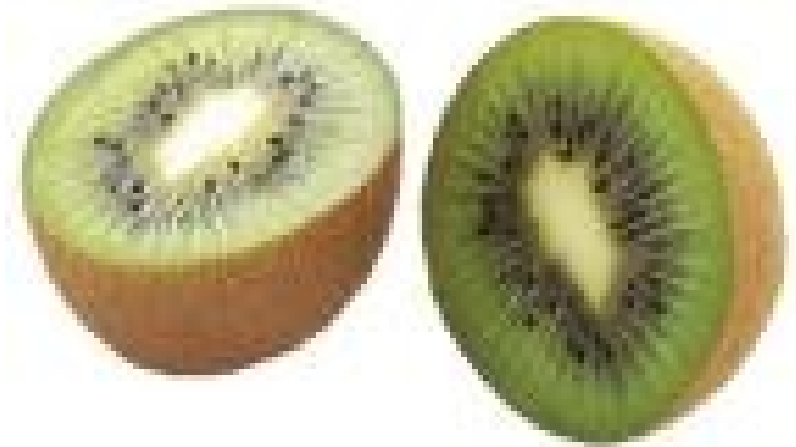
# KEEPING HEALTHY



Job 3 is to protect us against illnesses and diseases. This job is done by small amounts of vitamins and minerals. Vitamins are chemicals that are known by letters such as A, B and C. Many vitamins occur in fruit and vegetables. Two minerals that we need are iron for our blood and calcium for our bones. These occur in foods in a dissolved form. We can get iron from meat and cabbage, and calcium from milk and cheese.

# KIWI

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**If you are  
constipated  
you can have  
one in the  
morning  
before school.**



# FIVE HINTS FOR GOOD EATING HABITS

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- 1.- Eat only a few sweets .**
- 2.- Eat some fresh fruit every day.**
- 3.- Eat plenty of vegetables , especially peas and beans .**
- 4.- Eat only a small amount of fatty foods such as burgers and chips .**
- 5.- Drink only a small amount of sugary drinks such as squash.**