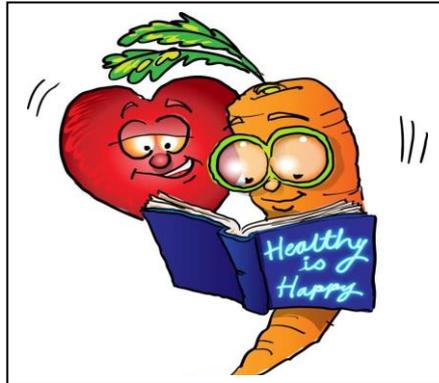


# Being Healthy



Being healthy means eating the right foods.

Being healthy means being active.

Being healthy means being able to make decisions about things that help you to stay well and happy.

It is very important to eat a healthy diet.

Breakfast, Lunch, Dinner.



You should drink glasses of milk, water or fruit juice every day.



You should try **not** to eat too many unhealthy snacks.



Being active is a good way to make friends and meet new people.



You should try to join in activities in the local community.

You should try to be active for 30 minutes every day.

