



EXERCISE & HEALTHY FOOD

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BAD THINGS

Chocolate

Sweets

Chips

Cola

Milk shake

Hot chocolate

pie's

Burgers

The Chocolate Factory



**DON'T EAT TOO
MUCH
CHOCOLATE**



WHY EXERCISE IS GOOD FOR YOU?

Makes you feel good

Keeps your heart healthy

Helps to control your weight

Makes you fit & strong

Makes you healthier

Helps your body to get better faster

What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?'

HEALTHY FOOD?

- Fruit & vegetables
- Protein – Meat, eggs, milk, soya, beans
- Carbohydrates – Bread, cereals, pasta,
- Fats
- We should eat lots of fruit & vegetables to help our immune systems & to help us go to the toilet!
- We need protein to build our muscles & to repair us when we get hurt
- Carbohydrates give us energy. But don't eat too many!
- Fat – we need some fat to keep us warm & for some energy!
- Sugary foods – Sweets, cakes, chocolate, biscuits – are they good for you? (no, but they taste nice!)

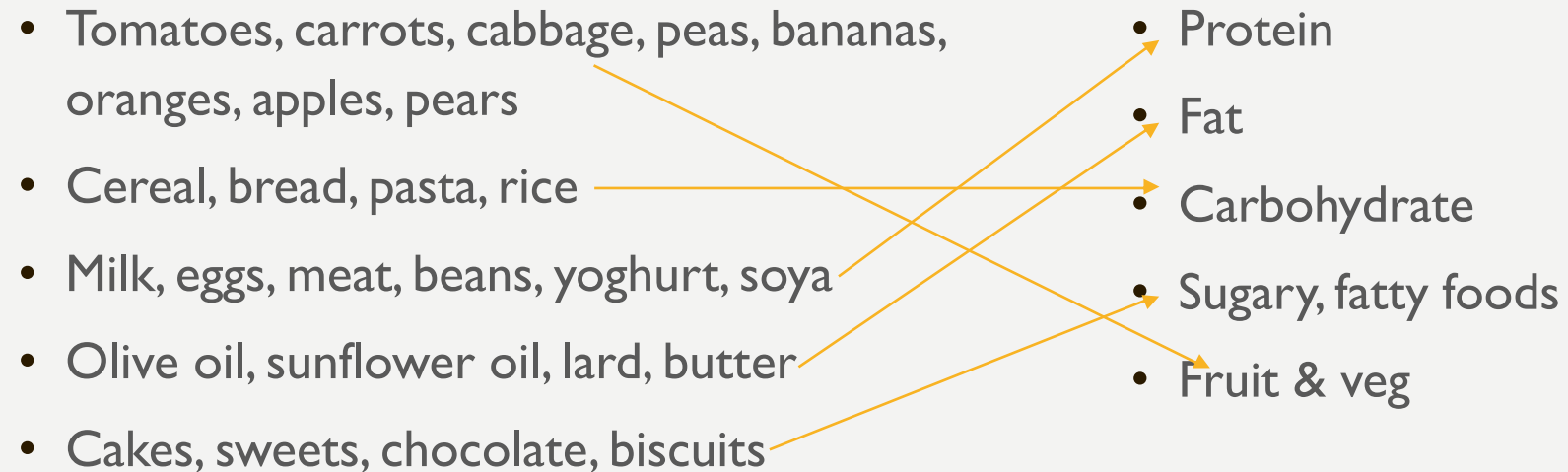
MATCH THE FOOD TO THE GROUP

FOOD

- Tomatoes, carrots, cabbage, peas, bananas, oranges, apples, pears
- Cereal, bread, pasta, rice
- Milk, eggs, meat, beans, yoghurt, soya
- Olive oil, sunflower oil, lard, butter
- Cakes, sweets, chocolate, biscuits

TYPE OF FOOD

- Protein
- Fat
- Carbohydrate
- Sugary, fatty foods
- Fruit & veg



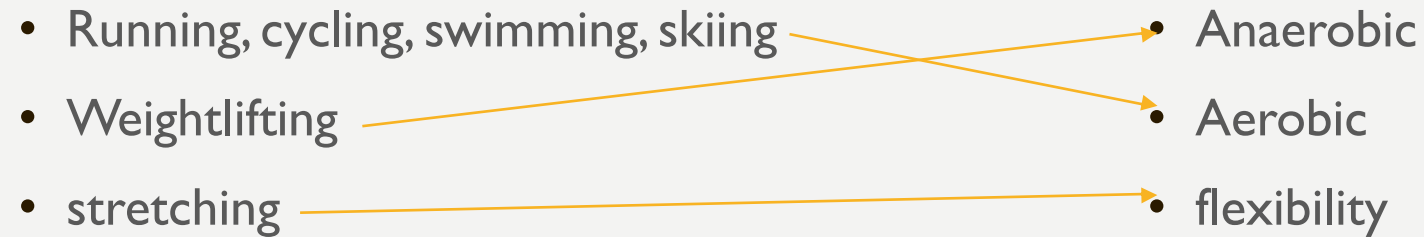
MATCH THE EXERCISE TO THE TYPE OF EXERCISE

EXERCISE

- Running, cycling, swimming, skiing
- Weightlifting
- stretching

TYPE OF EXERCISE

- Anaerobic
- Aerobic
- flexibility





HEALTHY FOOD

Fish

Pineapple

Bread

Cheese

Broccoli

Sweetcorn

Tomatoes

Peas

Peppers

EXERCISE VIDEO

Factual reasons and tips
to get moving – film clip

<https://www.youtube.com/watch?v=Ejbdzt2586A&safe=active>