

Healthy Me 1

About water

Without water, your body would stop working properly. Water makes up more than half of your body weight, and a person can't survive for more than a few days without it. This is because your body has lots of important jobs to do, and it needs water to do many of them. For instance, your blood, which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working.

When the weather is hot, or when you're exercising, you'll need more.

When your body doesn't have enough water, it becomes *dehydrated*. You might feel tired when you are dehydrated, and when you are really dehydrated you can have a headache or feel sick.

You can help your body by drinking 5 to 6 glasses of water each day, and drinking extra water when you exercise and when it's hot.

1. How long can a person survive without water?
2. Why does the body need water?
3. What is it called when the body does not have enough water?
4. How might you feel if your body does not have enough water?
5. How much water should you drink?
6. When should you drink extra?

Healthy Me 2

Water challenge

Water	rating
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
week-end	
Total score:	

Draw this table in your book or on paper.

Challenge

Drink plenty of water each day - no sweet or fizzy drinks.
Drink 5-6 glasses of water.
(1 glass holds 250 ml.)

Give yourself a score (rating) each day: 0 points for not drinking any water; 5 points for drinking the right amount of water.

Remember that other drinks like fizzy drinks, juice and cordial get no points.

Healthy Me 3

About Fruit and vegetables

Children need vitamins and minerals for their growing bodies. Our bodies are made of tiny things called cells. Vitamins and minerals are like little sparks that tell the body to grow and to make new cells. If you are sick, or have a cut, the body can repair itself. It needs vitamins and minerals to do this.

Many fruits like oranges, lemons, apples and pineapples have Vitamin C, which helps keep colds away. Carrots have Vitamin A for healthy eyes. Green vegetables have many minerals. Eating fruits and vegetables in a rainbow of colors will provide many different vitamins and minerals to keep you healthy.

Children with healthy diets, especially those who eat a variety of coloured fruit and vegetables, do better on school tests than children who don't eat a healthy diet. Studies have been done to prove this.

1. What do vitamins and minerals do for our health?
2. In which foods do we find vitamins and minerals?
3. Name a fruit that can help to keep colds away.
4. Name a vegetable that is good for your eyes.
5. Why is it good to eat fruit and vegetables of many different colours?
6. How do we know that eating healthy food can help you get better marks in your tests?

Healthy Me 4

Fruit and vegetables

Fruit and vegetables	rating
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
week-end	
Total score:	

Draw this table in your book or on paper.

Challenge

Try to eat at least 2 pieces of fruit each day and 5 different kinds of vegetables each day, including raw vegetables.

Give yourself a score (rating) each day. 0 points for not eating fruits or vegetables; 5 points for eating lots of fruits and vegetables.

Healthy Me 5 Snacks

Snacking is eating a little bit of food when it's not a meal time. Too much snacking is not good because:

- It can be bad for your teeth.
- It may spoil your appetite if it's too close to dinner time.
- For some people, it can cause them to put on too much weight.

There are healthy snacks and unhealthy snacks, but we should not do too much snacking, even if the snacks are healthy. One small mid-morning snack and one small mid-afternoon snack is all you need.

Good snacks:

Milk, fruit, raw carrots, coconut, plain crackers with tomato or peanut butter.

Unhealthy snacks:

Sweets, sweet drinks, sweet biscuits, salty things like crisps and chips

Snacking while watching TV...not a good habit

Some children start snacking on a packet of chips while they watch TV. Before they know it, they have eaten the whole packet.

1. Why is too much snacking not a good thing?
2. Make a list of some good snacks that you could eat. Draw pictures.

Healthy Me 6 Healthy snacks

Snacks	rating
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
week-end	
Total score:	

Draw this table in your book or on paper.

Challenge

This week you have to make all your snacks healthy snacks. Try not to eat potato crisps/chips and sweets. Instead choose nuts, fruit, raw vegetables, and healthy home-made snacks.

Give yourself a score (rating) each day. 0 points for not eating healthy snacks; 5 points for eating all healthy snacks.

Healthy Me 7

Healthy Breakfast

Why do we need a healthy breakfast?

When you wake up, your body has been without food for about 12 hours. You need to refuel, like a car needs to refuel with petrol. If you don't have breakfast you will feel tired and cranky.

Breakfast is brain power

What you eat in the morning is very important. A healthy breakfast will help you pay attention, concentrate, and help you remember the things you have to learn at school.

A healthy breakfast gives you the nutrients your body needs to grow and keep active.

What is a healthy breakfast?

Foods from nature are best. There are many traditional foods that are good to eat for breakfast.

Breakfast foods should not contain sugar. Sugar is not a brain food. It does not help you concentrate. It makes you tired instead.

1. Make a list of healthy breakfast foods that you would like to eat.
2. How does a healthy breakfast help you?

Healthy Me 8

Healthy Breakfast

Healthy Breakfast	rating
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
week-end	
Total score:	

Draw this table in your book or on paper.

Challenge

This week you have to eat a healthy breakfast each day. Try fresh fruit, wholemeal toast, porridge, an egg or cereal that has low salt and no sugar. You could also eat rice, vegetables and other traditional foods.

Give yourself a score (rating) each day. 0 points for not eating healthy breakfast; 5 points for eating a healthy breakfast.

Healthy Me 9

Healthy Lunch

A healthy lunch is one that gives you energy to work and play. It should also give you the nutrients your body needs to grow and stay healthy.

Sweet, sugary foods like sweet biscuits are not the way to go. Sugar gives you energy for a very short time. After that, you suddenly feel tired. So, sugar really makes you tired, even though it might give you energy for just a little while.

Sugar is bad for your teeth and causes tooth decay.

Good foods to pack for a school lunch could be:

- Sandwiches with fillings such as peanut butter
- Flat breads such as roti, with vegetable fillings
- Raw vegetables such as carrots, tomato, cucumber
- Fruit

Healthy Me 10

A healthy Lunch

Healthy Lunch	rating
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
week-end	
Total score:	

Draw this table in your book or on paper.

Challenge

This week you have to eat a healthy lunch each day. Pack a lunch of healthy foods like fruit, raw vegetables and healthy bread.

Give yourself a score (rating) each day. 0 points for not eating healthy lunch; 5 points for eating a healthy lunch.

Healthy Me 11

The family meal

Meal times are times when families can get together and talk about what they did during the day.

It is good for families to sit together to eat a meal that has been specially prepared at home.

Sometimes there are special meals for your extended family, including aunts, uncles, cousins and grandparents.

Meals can be a time of celebration.

1. Why is it good for families to eat together?
2. Why is it better to make your own food rather than going to buy ready cooked food from a take-away shop?
3. What kind of healthy foods are cooked in your home?
4. What is an extended family?
5. Think of some occasions when family meals are a time of celebration.
6. Draw your family table looking down from above. (This is called a "birds-eye view"). Draw the food on the table, and draw the family members around the table.

Healthy Me 12

The family meal

Challenge

This week you have to help Mum or Dad prepare a family's main meal. Only healthy ingredients allowed!

Ask Mum or Dad if you can help them plan the meal. You can also help to set the table in a special way.

Draw this table in your book or on paper.

Give yourself a score (rating) for each category. 0 points for not doing well; 5 points for doing very well.

The Family meal	rating
1. Meal planning	
2. Table setting	
3. Food preparation and cooking	
4. Serving and presentation	
5. How healthy is the meal?	
6. How did the family enjoy the food?	
Total score:	