



Being Healthy



Exercise: the heart is a muscle, so lots of exercise will keep it strong.

Lungs: smoking can cause many deadly illnesses. Tar fills and blocks your lungs.



Balanced Diet: your body needs all types of food, not just fats and sugar.

Fruit and Vegetables: for vitamins. Try to eat 5 different types a day.

Meat/Fish/ Eggs/Beans: for protein, that helps your body grow and repair.

Fats/sugars: for energy, but many people have too much of this.



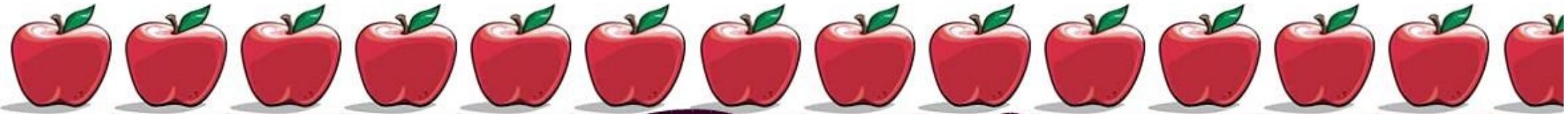
Carbohydrates: gives your body fuel and energy.

Teeth: need to be cleaned at least twice a day. Food, especially sugary food makes your teeth rot.



Dairy/milk: for protein and calcium, which keeps our teeth and bones strong.





Being Fit

Balanced Diet: your body needs
all types of food, not
just fats and sugar.

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Lungs: smoking can

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Healthy



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Healthy Lung



Tar Filled Lung

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