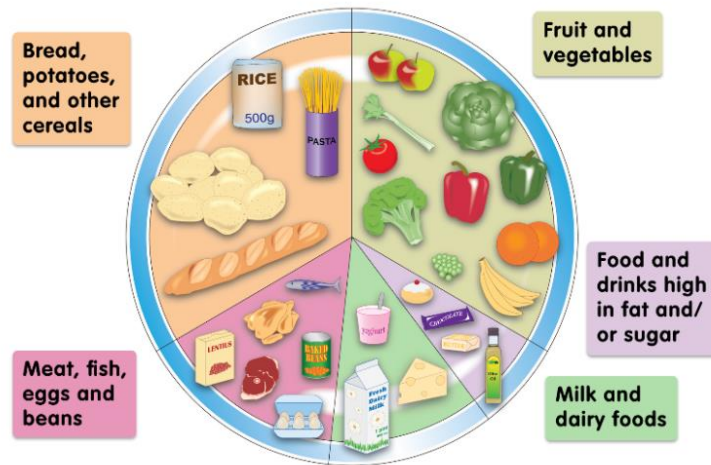


# Take Care! - Ways to stay healthy

## Balanced meal



We get different nutrients from the food we eat:  
**Fruit and vegetables** give us **vitamins and minerals**  
**Carbohydrates** (Bread, potatoes and other cereals) **give us energy**  
**Proteins** (meat, fish, eggs and beans) help **build our muscles**  
**Calcium** (found in milk and dairy) helps build **strong bones**  
[We need to drink about 6-8 glasses of water a day \(about 1 litre - 1 and a half litres\)](#)

## Exercise

Exercise keeps us our muscles and bones strong. You should exercise for 30 minutes a day.



## Rest



We need to rest to help our bodies recover and rebuild.  
We should have between 10 and 11 hours sleep a night

## Stay hygienic



We need to have good hygiene to prevent germs from spreading.

- We should wash our hands often (especially before eating food and after going to the toilet) - for 20 seconds or sing happy birthday twice
- We should brush our teeth twice a day for 2 minutes
- We should wash our whole body once a day
- We should change our underwear everyday