





What does a healthy lifestyle consist of?

Word	Definition
exercise 	any activity that involves moving your body
healthy 	free from sickness
unhealthy 	not being very well
balanced diet 	To eat lots of different types of food

Key Knowledge and Concepts

Exercise involves moving your body like throwing, jumping, catching and running.

It is important to have a balanced diet including different foods. You may have an unhealthy treat every so often.

You can make decisions about how to stay healthy for yourself.

