

be healthy for school

Being healthy helps your body and your brain to grow better. Many people talk about being healthy, but sometimes it can be hard to be healthy. Some people even think that being healthy is boring, but being healthy can be great fun, because it gives you lots of energy to do all the things that you want to do.

- When you are healthy you have more energy
- When you are healthy you can be happier and do not get grumpy as easily!
- You can meet more people through all the activities you do

Exercise is one way to try to be healthy. You could **PLAY SPORT** with your friends at school, or with other friends after school and on weekends. Here are just a few of the sports that you could have lots of fun with.

- Athletics – running, jumping or relays
- Basketball
- Swimming
- Soccer
- Netball
- Bike riding
- Hockey
- Cricket
- Tennis
- Football
- Golf

➤ What are your favourite sports?

If you don't play a sport you can still do exercise by walking places or riding a bike if you have one – even when you walk the dog or walk around the shops with your parents you are exercising.

As well as playing sport, there are many other **GREAT ACTIVITIES** that you can do to help you stay healthy. For example, you can:

- Play music – you could learn the piano, guitar, violin – you could even sing or join a choir
- Do drawing and painting
- Go camping with your parents or walking and nature exploring
- Try drama
- Dance – ballet, jazz, folk, tap, ballroom or irish

Unless you try some of these things, you will never know how much fun they are.

➤ What other activities can you think of that you or other people might like?

Another part of being healthy as well as doing things, is to **EAT AND DRINK WELL**. Junk food is OK sometimes, but try not to eat junk food too much. Junk food makes you gain weight and rots your teeth, which means that you will need to go to the dentist and get fillings. Fruit and vegetables are great foods to eat because they help you to grow and sometimes can even stop you from getting a cold or getting sick because of the excellent vitamins and minerals they have in them. There are many other good foods to eat as well as fruit and vegetables like chicken, meat, salad, pasta, rice, bread, yoghurt, milk or cheese.

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➔ **What foods do you think are unhealthy?**

➔ **List some of your favourite healthy foods**

Choosing healthy drinks is also important. Most soft drinks have sugar in them, which is bad for your teeth. Water, fruit juice, milk, and fruit smoothies are just some of the better drinks that you can have that can be very healthy and they all taste great too.

➔ **Name some unhealthy and healthy drinks.**

➔ **What are your favourite healthy or good drinks?**

Remember that being healthy will help you in many ways, including giving you lots of energy to do school-work and to play.

Try looking at these websites to learn more about being healthy.

<http://www.ais.org.au>

<http://www.nutritionaustralia.org/>

<http://www.vicfit.com.au/>