

Spring 2 100% Sheet

Exercising regularly



Eating healthily



Having a happy attitude








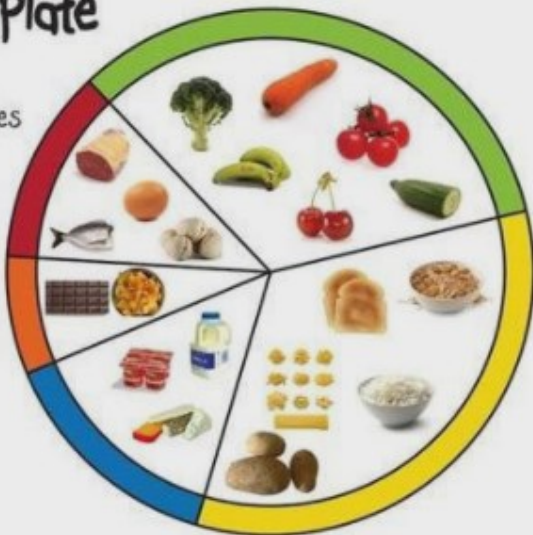
Have a healthy sleep schedule



Why do these things keep us healthy?

A Balanced Plate

-  Fruit and vegetables
-  Grains, cereals and potatoes
-  Dairy products
-  Meat, fish, nuts and eggs
-  Fats and sugars



Suffixes:

-ful

useful
careful
thoughtful
mindful
doubtful
hopeful
fearful
helpful
colourful

-less

useless
careless
thoughtless
mindless
doubtless
hopeless
fearless
helpless
colourless

Key facts:

1. To maintain a basic level of health, children and young people need at least **60 minutes** of exercise every day. Can you think of some examples of exercise that you do?
2. A 7 year old child should have about **10 hours** sleep each night.
3. We should brush our teeth **twice** a day - in the morning and just before bed. Spending 2 minutes brushing can help us to keep our teeth clean and healthy



Spellings:

Exercise, nutrition, protein, vegetables, carbohydrates, sugar, castle, bailey, portcullis, draw-bridge