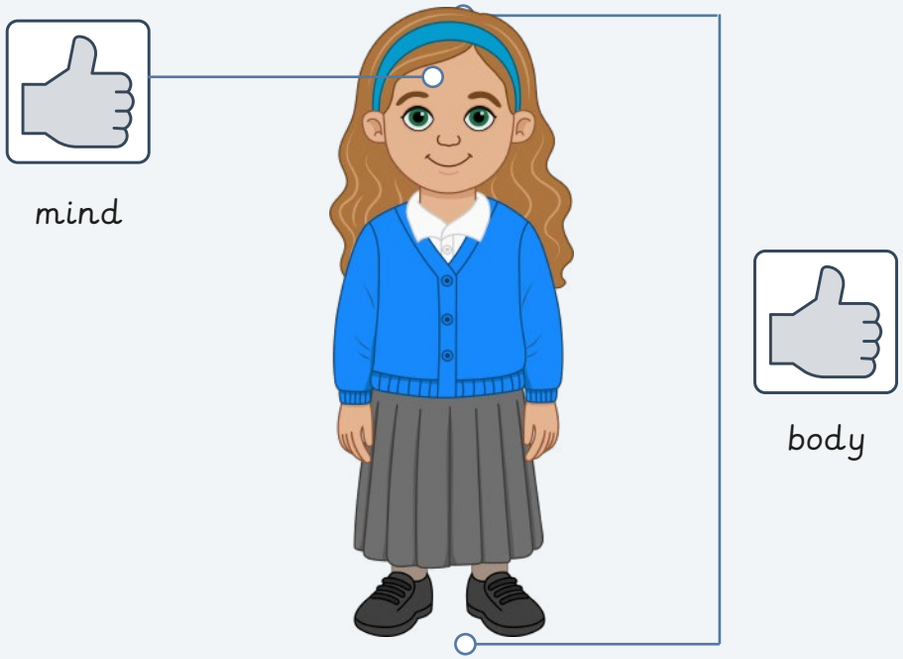
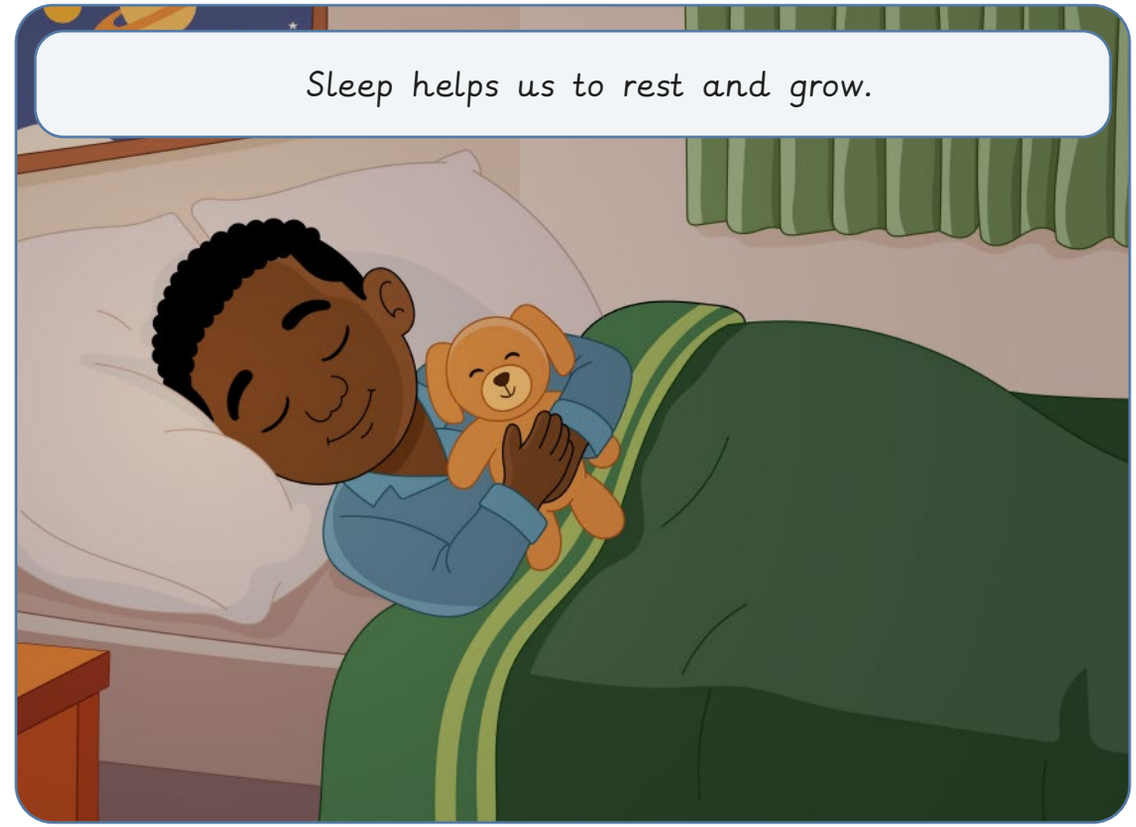
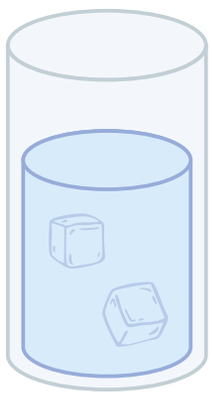
We look after our body and mind to stay **healthy.**



Sleep helps us to rest and grow.





Water helps us feel awake and well.

We can be **active** or **exercise** to move our body and stay fit and healthy.

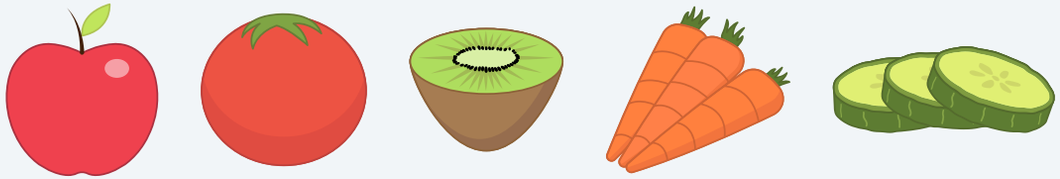




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Five-a-day

Enjoy eating fruit and vegetables every day.



Eat often	Eat sometimes

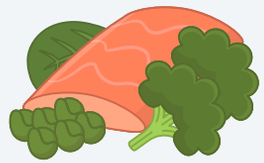


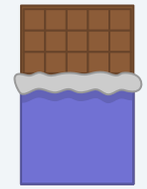


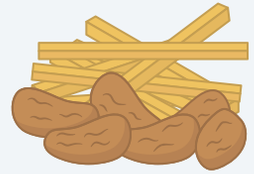


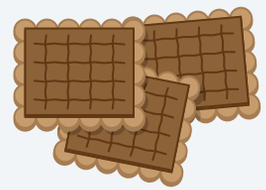














It is important to brush your teeth twice a day for two minutes.



Healthy habits

To keep your mind and body healthy:

- Be active
- Drink water
- Eat fruit and veg
- Brush your teeth
- Sleep well







A trusted adult can help you look after your body and mind.

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