

A Healthy Lifestyle

Food

Exercise

Medicines

Food

In order to remain healthy, we should eat a balanced diet. This means we should eat a variety of foods.

Food can be sorted into several groups - fruit, vegetables, meat, fish and nuts, dairy and grains.

vegetables

milk

fruit

grains

meat, fish and beans

snack foods

fast foods

healthy food pyramid

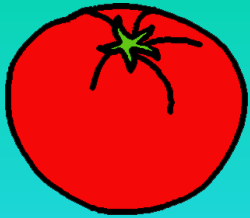


Vegetables

You should eat 3 serves of vegetables each day. It is best to eat a variety of vegetables so that you don't get bored. Dark green and orange vegetables are best for us. Vegetables are best eaten raw. They lose some of their vitamins if they're cooked. Where possible, it is best to eat the skin of vegetables. Most of the vitamins are just under the skin, so if you take off the skin, you also take of the vitamins.



Vegetables



tomato



peas



carrot



mushroom



lettuce



cucumber



onion

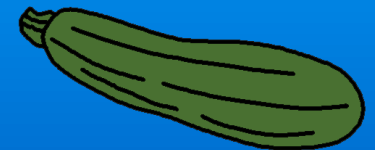
eat 3 serves a day



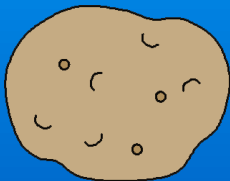
capsicum



pumpkin



zucchini



potato



Milk

Milk products give us calcium. Calcium builds strong teeth and bones. Even though we think of milk as a drink, it is actually a food. It is best to eat or drink low fat milk products. Unflavoured yoghurts are better for you as they have less sugar. You could put the unflavoured yoghurt on fruit. You need 2 serves of milk products a day.



Milk



milk

cheese



cream

ice-cream



yoghurt



have 2 serves a day

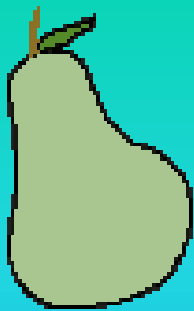


Fruit

Fruits are very high in sugar so are a good alternative to lollies. They are high in fibre. It is better to have a piece of fruit than fruit juice. If you are drinking fruit juice it is best to juice your own fruit. Children need two serves of fruit a day. It's good fun to try different fruits. Next time you go to the supermarket with mum, ask her to buy you a fruit you have never tried. Fruits help us to heal when we cut ourselves.

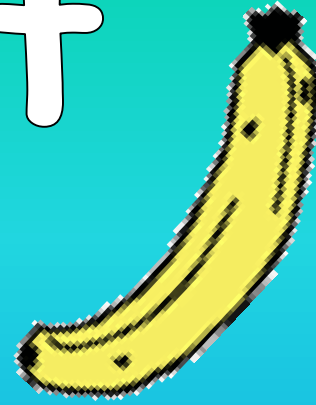


Fruit



pear

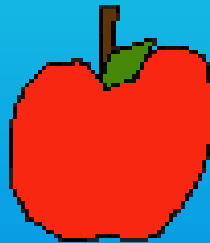
cherries



banana



strawberry

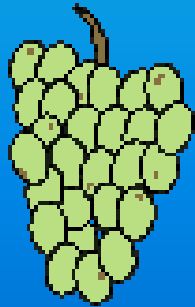
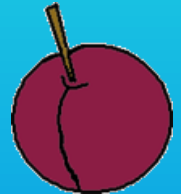


apple



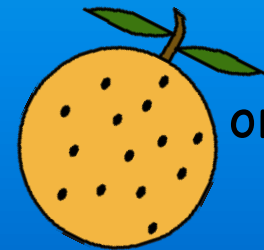
lemon

plum



grapes

eat 2 serves a day



orange



Grains

When eating grain foods it is best to eat whole grain foods. To find out if a food is a whole grain food look for these words on the packet: oatmeal, whole-grain corn, whole oats, whole wheat.

Whole grain bread is better for us than white bread. If you are buying brown bread, look at the label to see if it is made from whole grains.

You should eat about 6 servings of grains a day.





bread



pasta



rice

Grains

eat 6 serves a day



bread roll

cereal



Meat, Fish and Beans

Foods from the meat, fish and beans group give us protein. Protein builds strong muscles. You should eat 2 servings of the meat, fish or beans group a day. It is best to eat only 2 to 3 servings of red meat a week. Fish and fish oils help to keep our brains healthy and alert.

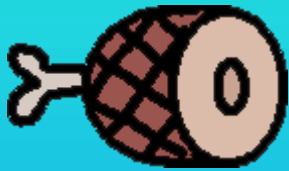
Meat and fish are best cooked on the barbeque or a grill so that the fat drains off. Before cooking meat, make sure you cut off as much fat as you can.

Don't eat too many processed meats such as ham, salami, sausages and stras as these are high in fat and salt.



Meat, Fish and Beans

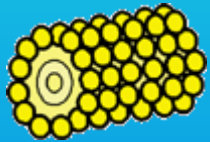
ham



chop



chicken



corn

eat 2 serves a day



popcorn



baked
beans



peanut
butter

hamburger



tuna



Snack Foods

Snack foods are foods we eat in between meals to keep up our energy.

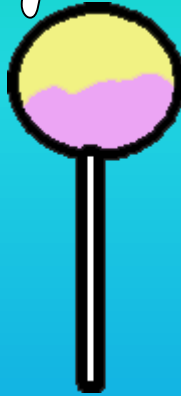
If you look on the supermarket shelves there are many snack foods that are not healthy for us. It is Ok to eat these foods occasionally - about 4 servings a week, but they should never be eaten in place of a meal or a food from the healthy food pyramid.

If you are hungry think about eating healthy snack food. Can you suggest some ideas?



Unhealthy Snack Foods

chocolate



lollypop



soft drink



chips

eat only occasionally



sweet biscuit



fruit bar

rollup



cake



salted crackers



Fast Foods

Fast foods are foods we buy for a meal. We sometimes do this for a treat or because mum or dad is just too tired to cook.

As a rule, most fast foods are unhealthy for you. They are high in sugar, fat and or salt. These things help make our food taste yummy but are not good for us if we eat too much of them. So try to eat fast foods only occasionally.



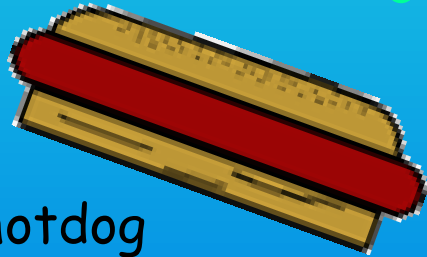
Fast Foods

fried chicken



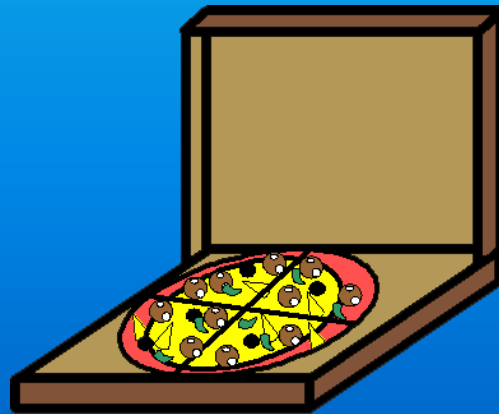
fries

eat only occasionally

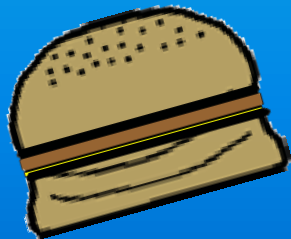


hotdog

pizza



pie



hamburger

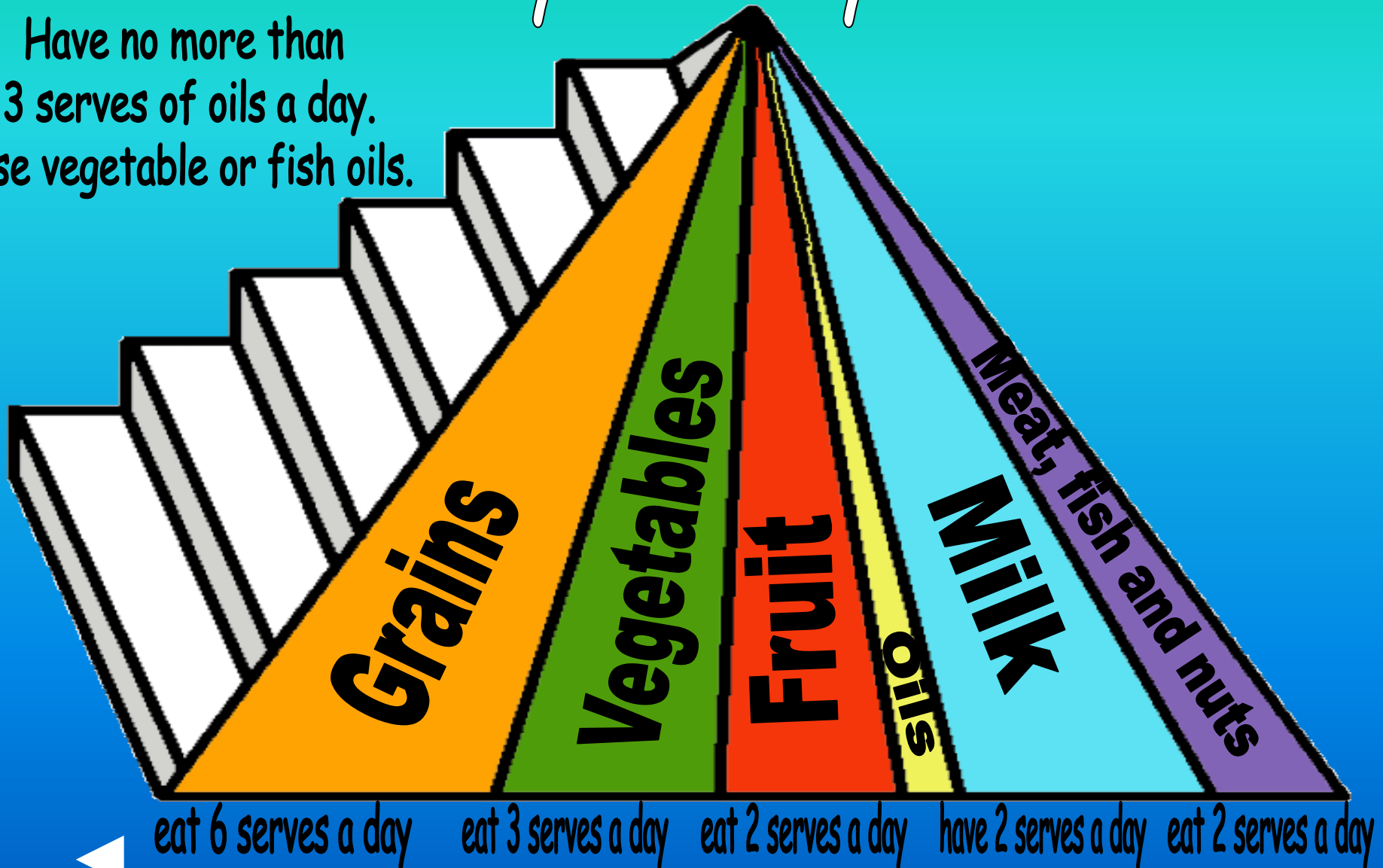


potato cake



Healthy Food Pyramid

Have no more than
3 serves of oils a day.
Use vegetable or fish oils.



Exercise

We need at least an hours exercise a day. This does not mean we have to run for an hour. Exercise can be anything that gets our body moving. It is a good idea to vary your exercise so that you don't get bored and so that you exercise different muscles.



Exercise

softball



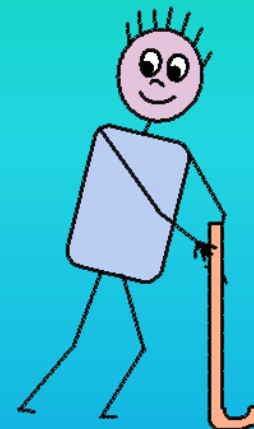
basketball



football

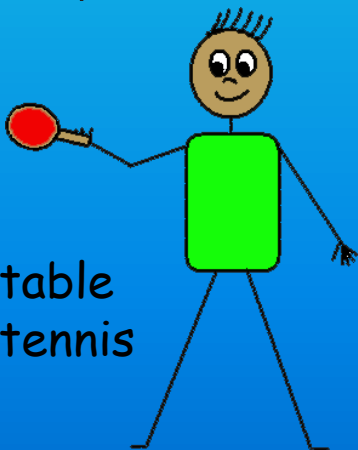


hockey



play

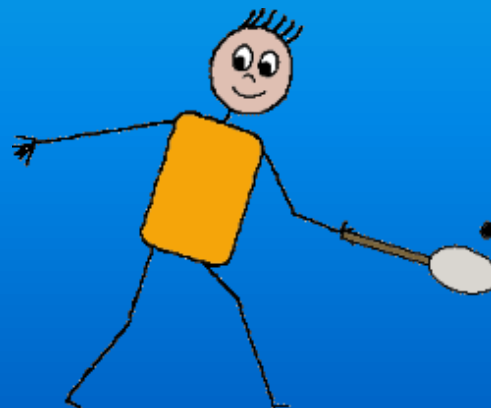
table
tennis



soccer



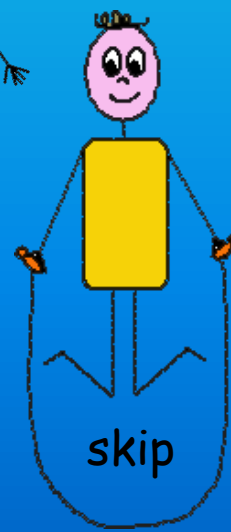
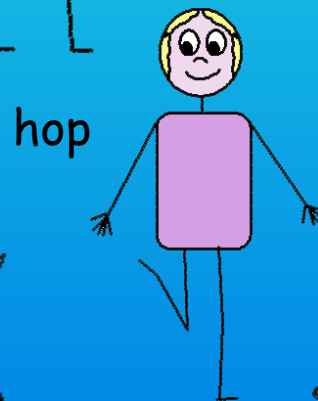
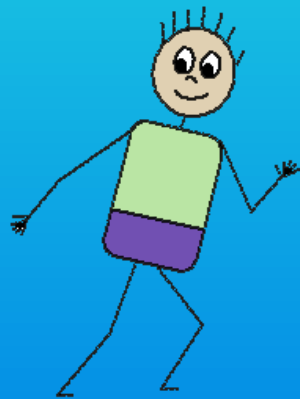
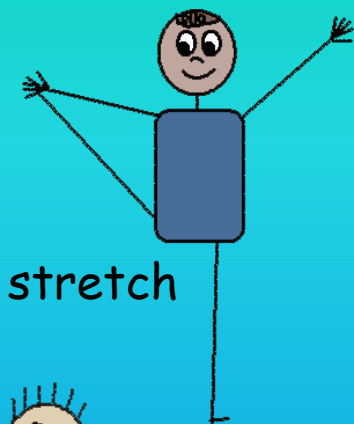
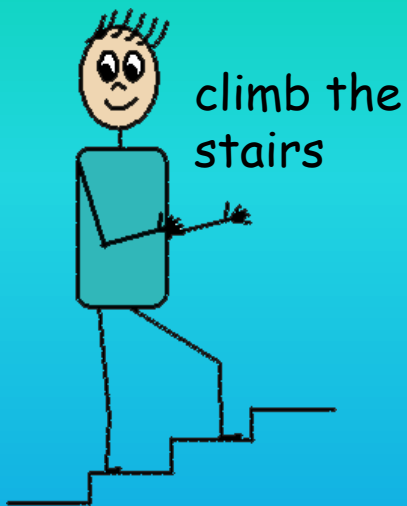
squash



netball

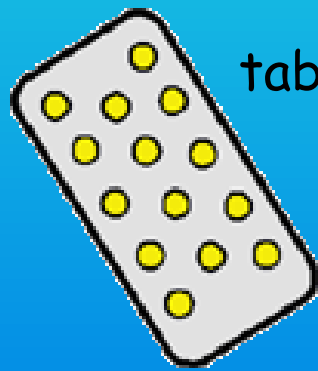


Exercise



Medicines

Sometimes when we are sick, the doctor gives us medicine to make us better. Medicine comes in several forms: tablets, liquid, spray, cream and injection.



tablets



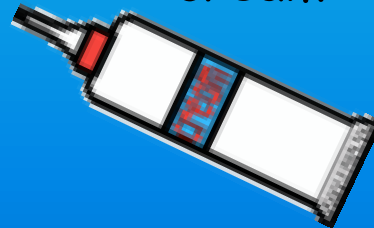
liquid



injection



spray



cream

asthma puffer



Some medicines taste awful and some people are scared of injections.



Medicines

However, the doctor only prescribes medicines if he/she thinks it will make you better. So even if you do not want to take the medicines or have an injection, it is very important that you do.

Medicines are also called drugs. Even though these drugs can make us better, it is very important that you only take the amount that the doctor tells you to. You must never take anyone else's medicine. Medicines can kill you if you take too much or are allergic to them.

