

About Healthy Balance

By Selma Gummesson

It is really important to eat healthy food, sleep and exercise.



You should exercise at least 1 hour a day .

The different food groups that you have to eat are **Grains**, **Veggies**, **fruits**, **dairy** and **meat and beans**. If you eat a little bit of every food group every day your body will feel well.



You should always wash your hands before you eat. You should also wash your hands after you go to the bathroom.

It is not good to eat too much junk food, like candy, chocolate, sugar, and other bad food.

About sleeping . If you are between 8 -11 you should sleep 10 to 11 hours. It is really important to sleep.



If you do all these things you will get balanced.

Selma Gummesson PYP 4A January 2012



Healthy Balance by Gustav Shepherd

Everyday you should eat important food .It is good for you
.Everyday you should eat all the food groups.

Should I show you them ?

The five groups are Grains, Vegetables, Fruits ,Milk and Meat
and Beans .They are the food groups.

Bad food is bad for you .You should not eat food like ice
cream, sweets and other things. They can make you grumpy
and fat .

Remember sleep well.

Goodbye

**What is
healthy
about
vegetables.**

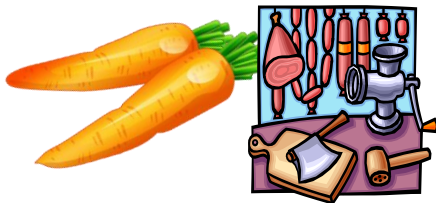
You can call them veggies. *By Seonjae Lee*



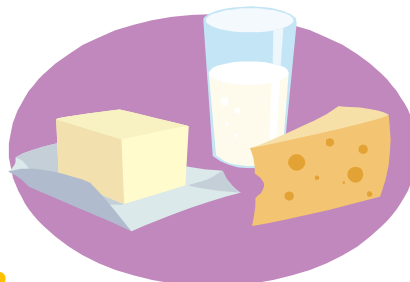
**It is important eating healthy foods. DON'T EAT
BAD FOOD!!!!!!!!!!!!!!!!!!!!!!**

THERE IS A GOOD SITE called

www.chefsolus.com.



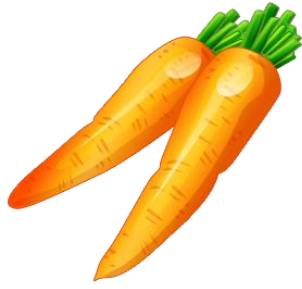
Wash your hands before eating!!!!



Eat many vegetables.

Wash your hands after going to the toilet.

If you eat too much junk food you will be fat.



Healthy Balance

By Candy Do

It is very important to eat healthy food. Every day you should eat some food from each food groups. The different food groups are Grains, veggies, fruits, dairy and meat and beans. Veggies are the main sources of Vitamin A. Fruits are the main source of Vitamin C.



Sleeping

If you are between 8 and 11 years old you have to sleep 10 to 11 hours. If you don't get enough sleep then you will be tired.

Junk Food



You should not eat too much junk food. Sometimes it can change your mood. It can either make you grumpy, tired, excited or fat.

Keeping clean



You should always keep clean. If you don't keep clean you can get sick. If you don't want to be sick you should wash your hands before you eat. Wash your hands after using the toilet and wash your hands after playing outside.

Stay Healthy!

PYP4A HEALTHY BALANCE!!!!!!!!!!

Written and illustrated by Pierre Le Roy

Being healthy is important. Vegetables, fruits, meat and beans, oils, milk, grains are part of the food pyramid. Everything in the food pyramid is healthy except the oil group.

Different healthy things are: exercise, eating healthy food and no smoking. You must not smoke otherwise it will hurt your lungs and more dangerous, it will hurt the lungs of people around you.

A good site about healthy balance is:

www.chefsolus.com. Do not eat bad food!!!!

It is unhealthy for you. Do-nuts, sweets, cake and gum is bad food.



PYP 4 A Healthy Balance

By Sumeja Mustajbasic

Being healthy means to eat healthy food like vegetables, grains and fruit. Sometimes you can eat candy like on Friday but not too much. It is also not good to eat too many hamburgers because it has much fat.

It is also good to exercise two or three times a week



because your muscles get stronger.



You also have to wash your hands before you go to lunch because if you have been outside you can get lots of bacteria and if you eat with dirty hands you can get sick.

It is also really good to drink milk because it makes your teeth stronger.

It is really important to get enough sleep if we don't we can get really tired during the day.