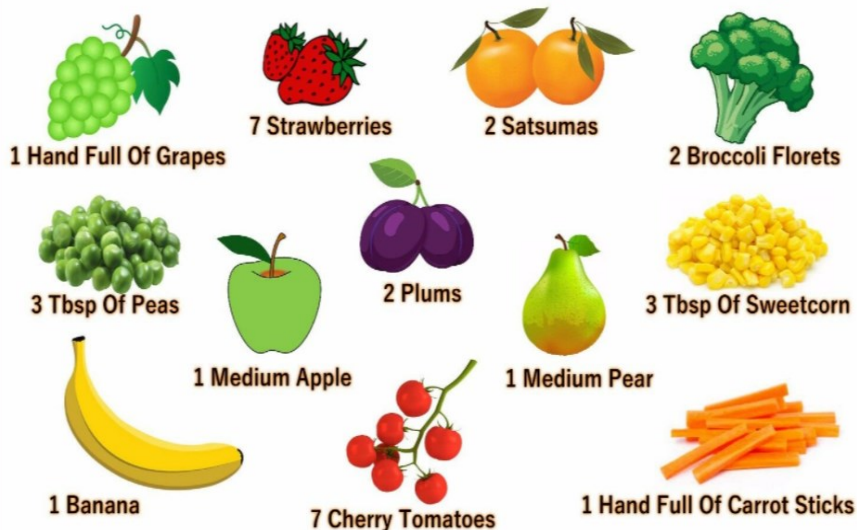


What Counts As My 5 A Day ?



Books we will be reading:



Have a Healthy Day!



All about Healthy Teeth!



Eat foods that help to make your teeth strong.



Brush your teeth twice a day.



Drink water or milk.



Visit the dentist.

Things to do at home:

- Make a chart to remind you when to brush your teeth.
- Plan a healthy picnic to have with your family.
- Go on a family walk.
- Make a collage of healthy foods.

To be healthy we need to:

- ♦ Eat healthy foods
- ♦ Go to bed on time
- ♦ Get lots of exercise
- ♦ Keep your body clean (Including your teeth)

Facts about exercise:

- Exercise makes your heart strong.
- Exercise helps your brain to think clearly.
- Exercising every day helps you to be strong.
- Exercise helps you to sleep.