

## BODY FUEL

Pasta, **oatmeal**, cereal, bread, and tortillas are obtained from plants, such as wheat, oats, barley, corn, and rice. Kids our age need between three and six ounces of grains a day.

One slice of bread, one cup of cereal, or half of a cup of rice is about one ounce. Whole grains contain more minerals than refined grains. So brown rice is better than white rice. Oatmeal is better than corn flakes. Whole wheat bread is better than white bread, at least from a nutritional point of view.

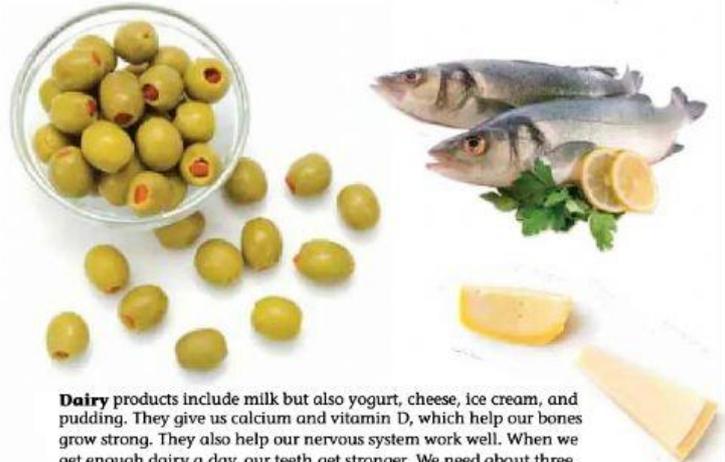
Fruits and vegetables are especially important because we should have a colorful diet, which means a mix of fruits and vegetables. We should eat two to two and a half cups of vegetables, and one and a half cups of fruit a day. An apple, a banana, a tomato, or an orange equals about one cup.

The most nutritious vegetables are dark green, for example, broccoli, spinach, and dark lettuce. Orange vegetables, such as carrots, squash, and sweet potatoes, are also very good for you.



Oils are also necessary. We need only five **teaspoons** of oil a day. That's not very much. We can get oils when food is cooked in it. Nuts, seeds, olives, some fish, and avocados also contain oils.

Oils from plants and fish are very good. They help repair cell **damage**. They also help the body's systems work properly. Good oils are important for the heart and the blood. The body also needs them to fight infections. Children need oils to grow and to **improve** the way their senses work.



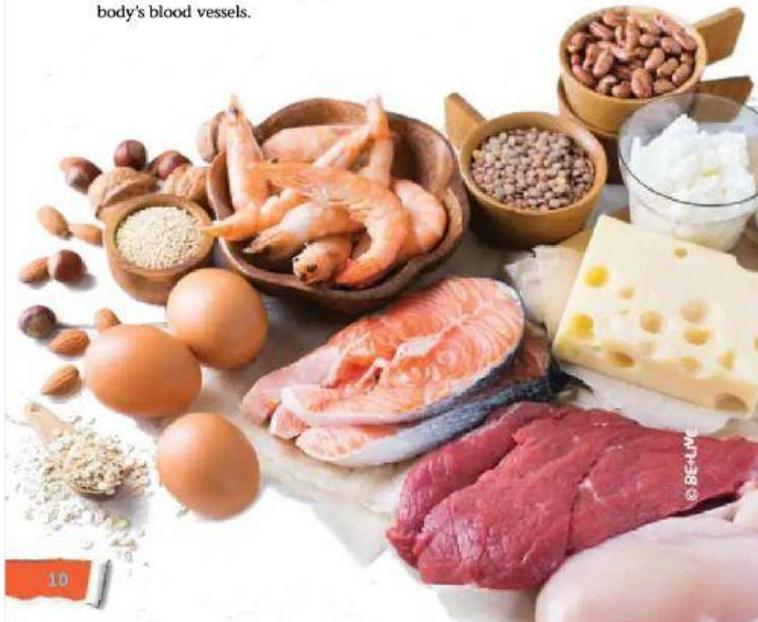
**Dairy** products include milk but also yogurt, cheese, ice cream, and pudding. They give us calcium and vitamin D, which help our bones grow strong. They also help our nervous system work well. When we get enough dairy a day, our teeth get stronger. We need about three cups of milk and other dairy products a day. It's important to eat dairy products that are low in fat and calories.





**Protein** is important, too. Meat is a source of protein. Beans are vegetables but, surprisingly, they're a good source of protein as well. Eggs and fish are also a source of protein. Kids our age need about five ounces of protein a da .

Protein makes our body strong and supports good health. The best kind of protein is found in lean meat, fish, and beans, because they're the lowest in **cholesterol**—a special fat that can block blood flow in the body's blood vessels.



## Active Lifestyle

We should play energetically for at least 30 minutes a day. Playing energetically is considered exercise. It **strengthens** the heart and muscles. It also makes bones stronger. Exercise helps us digest food better.

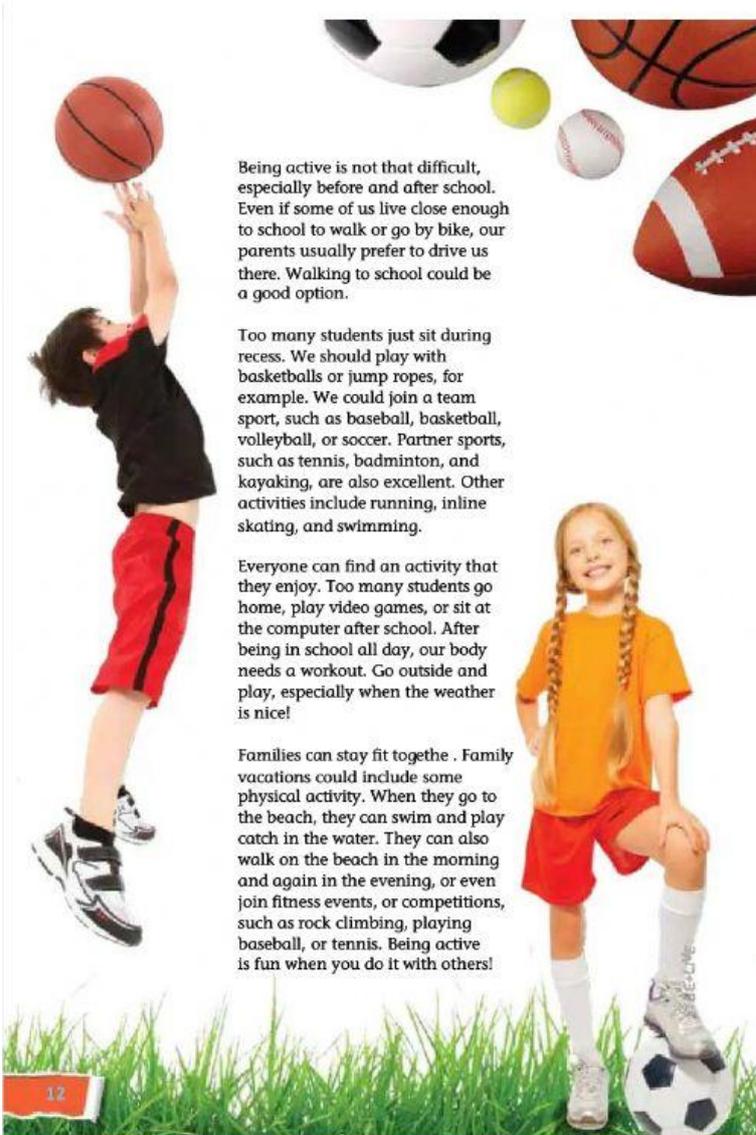
Plenty of movement puts us in a better mood. When we exercise, we don't feel so tired. Also, we may be less likely to get angry or impatient. When we do enough exercise, we sleep better and think more clearly. We may even do better in school.

At school, we usually move our body in different ways: we walk from our classroom to the art and music rooms, go up and down stairs, sit and stand many times during the school day, play games at recess, and also have physical education classes. Many of us even play sports after school!

Exercising is good for our health. We should exercise carefully so we don't get hurt. Everyone, regardless their age, should follow a healthy diet and put muscles into action!



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Being active is not that difficult, especially before and after school. Even if some of us live close enough to school to walk or go by bike, our parents usually prefer to drive us there. Walking to school could be a good option.

Too many students just sit during recess. We should play with basketballs or jump ropes, for example. We could join a team sport, such as baseball, basketball, volleyball, or soccer. Partner sports, such as tennis, badminton, and kayaking, are also excellent. Other activities include running, inline skating, and swimming.

Everyone can find an activity that they enjoy. Too many students go home, play video games, or sit at the computer after school. After being in school all day, our body needs a workout. Go outside and play, especially when the weather is nice!

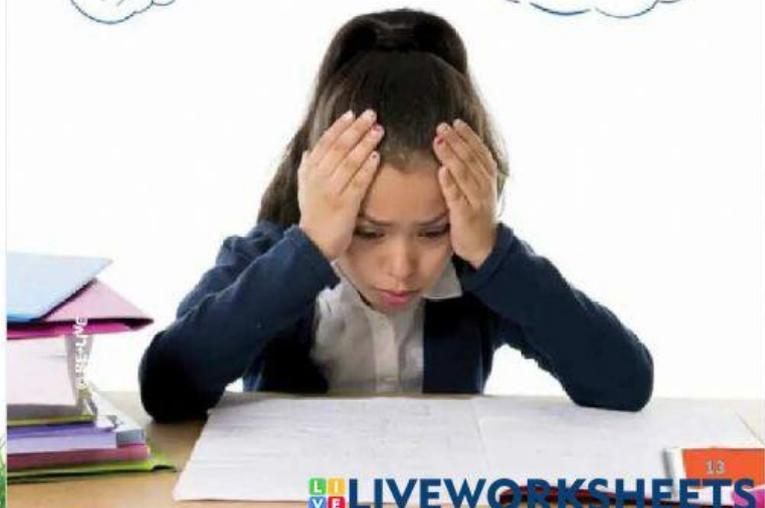
Families can stay fit together. Family vacations could include some physical activity. When they go to the beach, they can swim and play catch in the water. They can also walk on the beach in the morning and again in the evening, or even join fitness events, or competitions, such as rock climbing, playing baseball, or tennis. Being active is fun when you do it with others!

## HEALTHY MINDS



People who are stressed often have physical problems, too. They may get ulcers, have headaches, or have high blood pressure. Even kids can have these **symptoms** if they become too stressed or upset about something.

For the youngest, sources of stress can be varied. Students may get very nervous and stressed right before a test. Sometimes, they can be upset because of a family problem or an argument with a friend. This **illness** is real. Sometimes stress is caused even by fear.





People who are often sad might not take good care of themselves. They may not have a nutritious diet or do exercise. They may easily catch colds or other illnesses. Too much stress could weaken their immune system, which protects from germs and diseases.



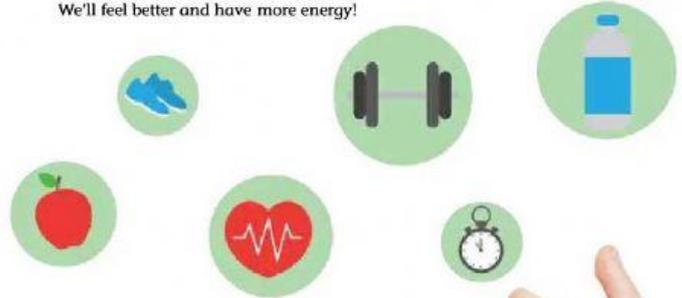
In schools, there's usually a **counselor**. This person helps students who feel stressed by talking about things that are bothering them. Talking with others can help someone handle stress better. Talking may also help a person find ways of coping with problems

Nowadays, learning how to relax is extremely important. For instance, some people try caring for a pet or talking with someone to help calm their mind. Exercise can release stress, too. Even a long walk can be calming.



## How Healthy Are We?

Let's keep track of the food we eat, the exercise we do, and our moods and feelings. Try to make better food choices. Play outside instead of watching TV. Let's share our problems with our friends and family. We'll feel better and have more energy!



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Class: \_\_\_\_\_

# EXERCISE

1- CHOOSE TRUE O FALSE ACCORDING WITH THE INFORMATION IN THE TEXT

1.-Playing energetically for at least 30 minutes is considered exercise

2.- Before being in school all day, our body needs a workout

3.- The worst food lean meat, fish and bean because is high Cholestorol

4.-The most nutritious vegetables are dark green, are also very good for you

5.- Ulcers, headaches are stress symptoms

2.- MATCH THE WORDS WITH THEIR MEANING

A) Nutrition

the physical structure of a person or an animal, including the bones, flesh, and organs

B)Exercise

is the link between a person's thoughts, attitudes, and behaviors and their physical health.

C)Body

the state of being free from illness or injury.  
"he was restored to health"

D)Mind connection

The process of providing or obtaining the food necessary for health and growth

F) Health

activity requiring physical effort, carried out to sustain or improve health and fitness.