



EAT WELL, FEEL GREAT!

It's important to have a balanced, healthy diet.
This helps you to work, study and exercise.

Try to eat lots of fruit like (a)
grapes and pears, and vegetables, such as
cabbage and (b) Snacks
are OK sometimes: (c)

once a week, for example. Try to
eat less meat, like sausages
and (d) – this is
good for your health and also
helps the planet. Drink lots
of (e), doctors
recommend about two litres a day.

Sugar is bad for you too, so don't
drink a lot of (f) like cola or
lemonade. For dessert, try natural

(g) with fruit or nuts
and a little (h) rather
than sugar. But a good diet isn't the
only thing you need for a healthy
lifestyle – don't forget to do regular
exercise, too!

