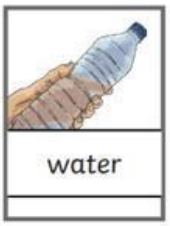
"Helps Me Grow"	"Doesn't Help Me Grow"

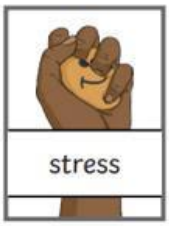
sleep


water

energy

friends

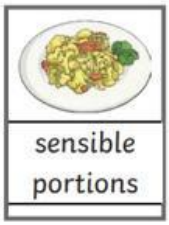
mobile phones

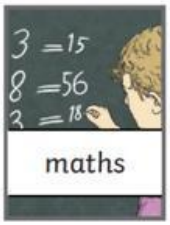

stress

exercise

relaxing

five a day

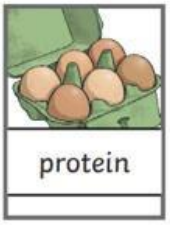

sensible portions



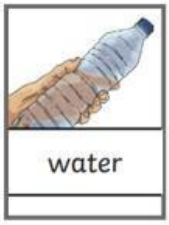
maths

junk food

variety of exercise

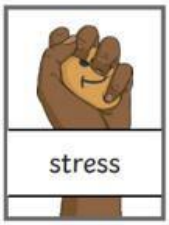

protein

stretching


water

birthday cake

TV


stress

smoking

exercise

brushing teeth

anger

smoking

LIVEWORKSHEETS