

Discuss with some friends.

1. Is it important to eat a balanced diet? Why?
2. Is it necessary to exercise? Why?
3. What do you do to stay healthy?

Complete the food pyramid and draw the foods in the boxes.

**2** Complete the food pyramid and draw the foods in the boxes. 

## Be Cool and Healthy

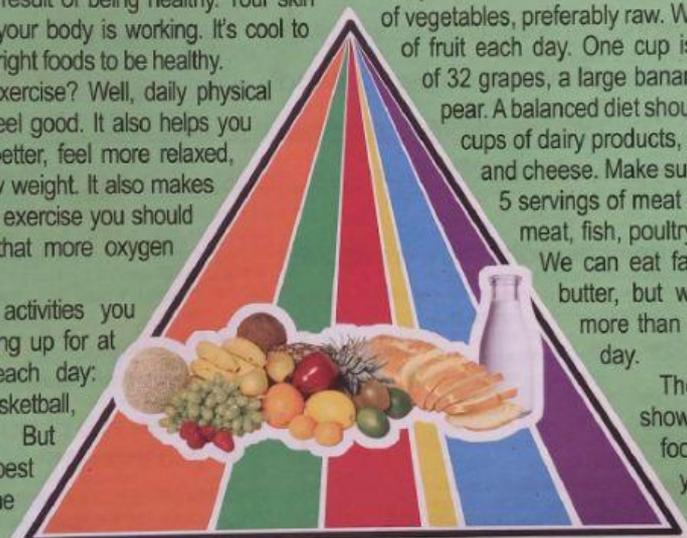
Looking good is the result of being healthy. Your skin and hair show how your body is working. It's cool to exercise and eat the right foods to be healthy.

Why should we exercise? Well, daily physical activity makes you feel good. It also helps you to think and sleep better, feel more relaxed, and stay at a healthy weight. It also makes you stronger. During exercise you should breathe deeply so that more oxygen gets to your lungs.

Here are some activities you should consider taking up for at least 60 minutes each day: jogging, playing basketball, biking or walking. But remember, the best sport for you is the one you enjoy the most!

We all need to drink 8 glasses of water every day. But what foods should children eat? It's important to eat 6 servings of grains—bread, cereals, pasta, and rice. We should also eat 2.5 cups of vegetables, preferably raw. We need 1.5 cups of fruit each day. One cup is the equivalent of 32 grapes, a large banana, or a medium pear. A balanced diet should also include 3 cups of dairy products, like milk, yogurt, and cheese. Make sure you also have 5 servings of meat and beans: lean meat, fish, poultry, seeds or nuts. We can eat fats, like oils and butter, but we shouldn't eat more than 5 tablespoons a day.

The food pyramid shows the groups of foods that children your age should eat every day.



6 Servings	2.5 cups	1.5 cups	5 tablespoons	5 servings	3 cups
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