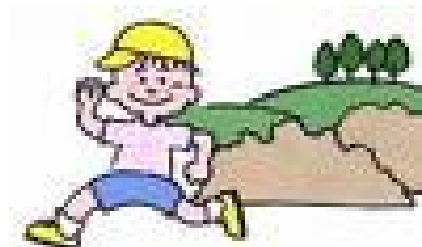




PRIMARY SCHOOL



WORKBOOK



WHAT DOES BEING HEALTHY MEAN?

WHAT HAPPENS IF YOU SMOKE?



WHAT HAPPENS IF YOU EAT TOO MUCH FATTY FOOD?



WHAT HAPPENS IF YOU DON'T EXERCISE?



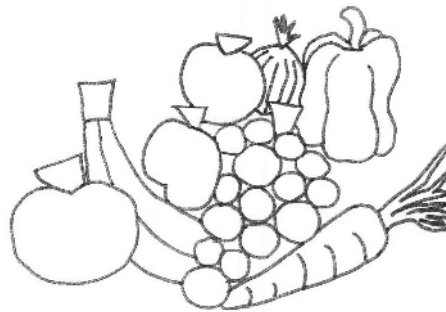
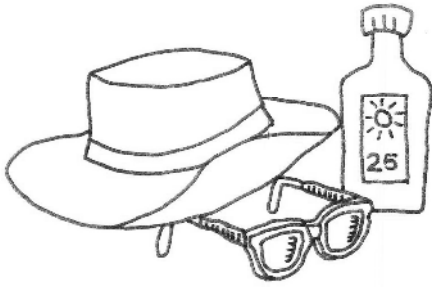


IT IS A HOT SUNNY DAY AND YOU ARE GOING TO THE BEACH

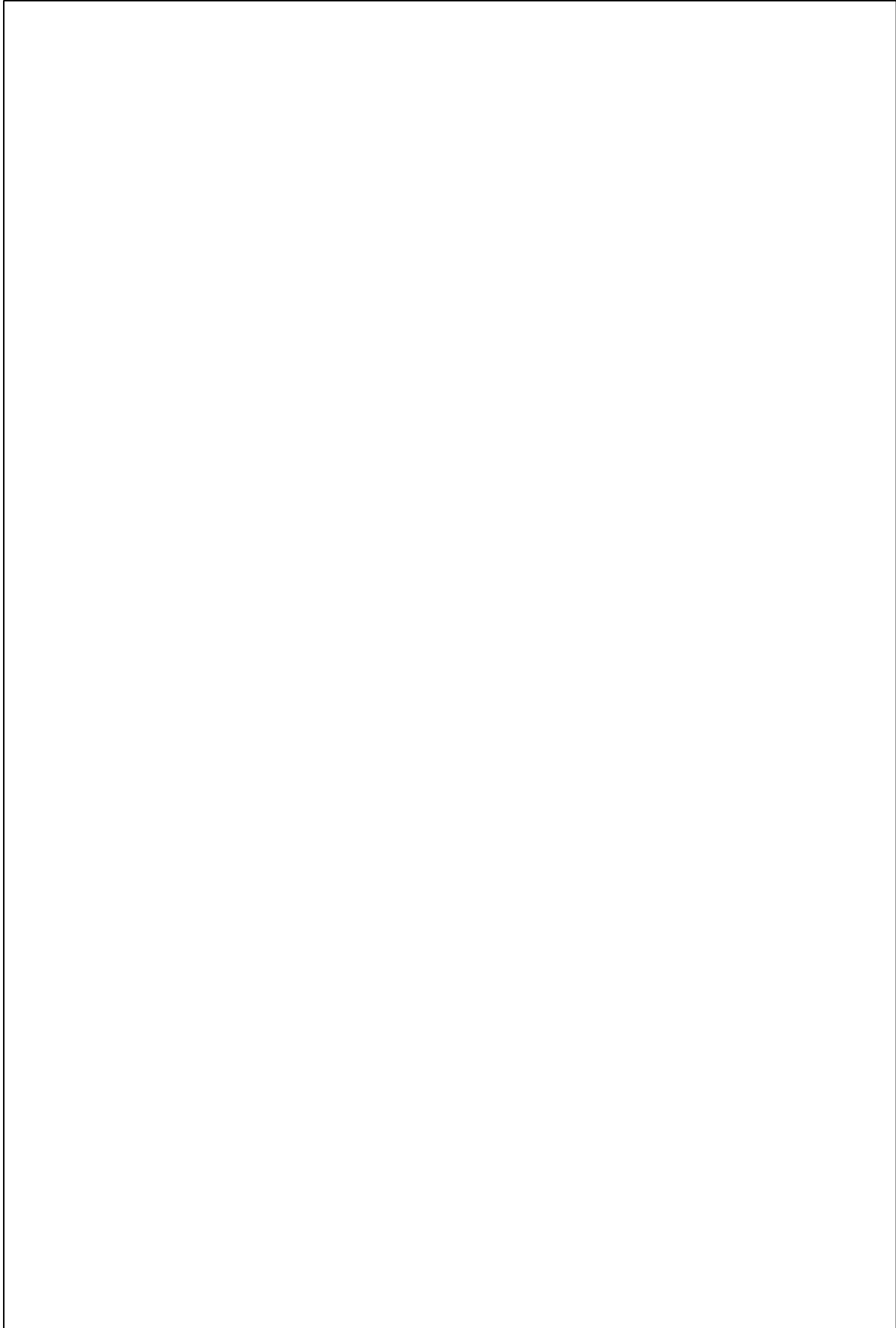
DRAW BELOW WHAT YOU WILL NEED TO BRING TO PROTECT
YOURSELF FROM THE SUN!!!

A large, empty rectangular box with a black border, intended for drawing items to bring to the beach for sun protection.

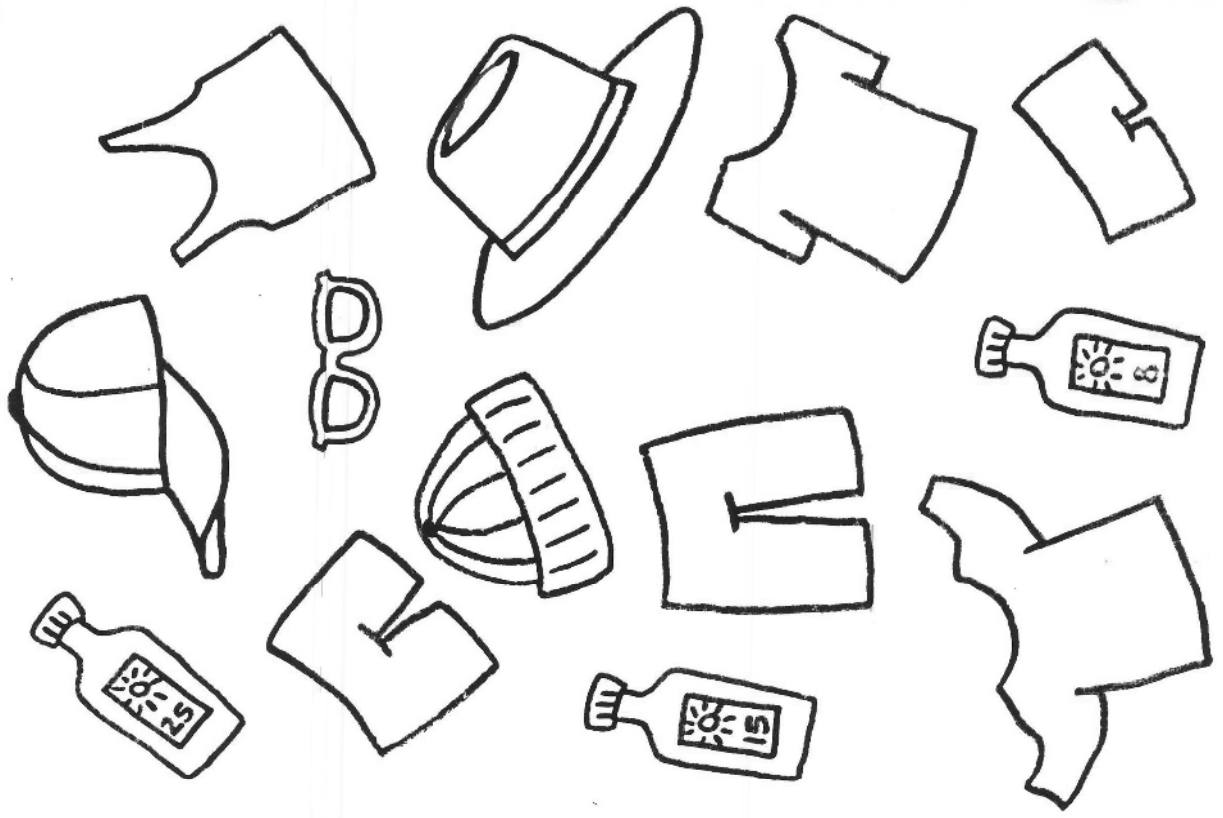
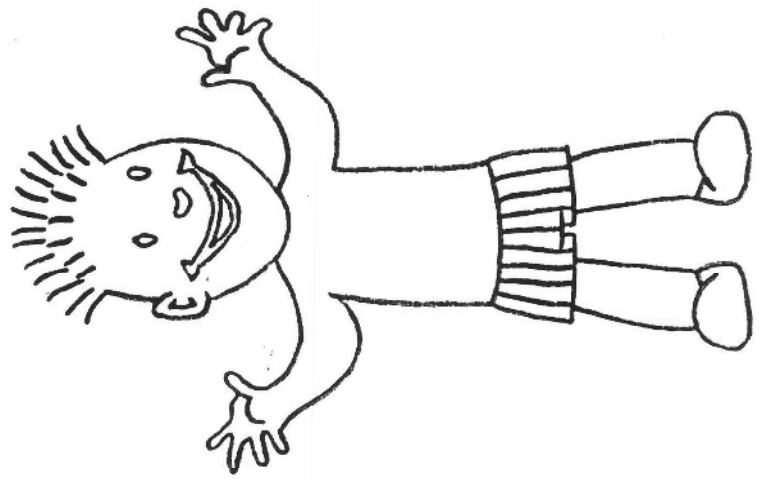
How can I be healthy?



How can I be Healthy?

A large, empty rectangular box with a thin black border, occupying the majority of the page below the title. It is intended for a student to write their answer to the question 'How can I be Healthy?' or to draw a related illustration.

Look after your skin in the sun!



Food Diary

TIME	What did you eat yesterday?	How could you change what you ate yesterday to have a more balanced diet?
Breakfast		
Between meals		
Lunch/Dinner		
Between meals		
Tea/Dinner		
Supper		

