

MY HEALTHY BODY

Name:

Class:

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Our body is a wonderful "machine" and to have a healthy and strong body you have to know how to take care of it.

With some of the activities below you will learn a lot of things about it.

1. Can you name five parts of your head, five of your arms, and five of your legs?
2. What kind of food is important for your body?
3. What's the name of the part that support the body?
4. How often should we eat fruit and vegetables ?
5. Do you know how fast your heart beats when you are sleeping? and running?
6. What's the meaning of 5 a day ?
7. Can you name 5 foods with Vitamin A and C?
8. Why is Vitamin C important for your body ?

Big Question: Make your own healthy recipe