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What is Healthy Habits

Healthy habits keep our bodies strong and happy!

DEFINITION

> Healthy habits are actions we take every day to stay fit and feel good. They include eating well, exercising, and getting enough sleep.

KEY CONCEPTS

Balanced Diet

Eating a variety of foods from all food groups helps our bodies get the nutrients they need.

Regular Exercise

Staying active through play or sports strengthens our muscles and keeps our heart healthy.

Adequate Sleep

Getting enough rest each night helps our bodies recover and prepares us for the next day.

Hydration

Drinking plenty of water is essential for our bodies to function properly and stay energized.

Good Hygiene

Washing hands and brushing teeth regularly helps prevent illness and keeps us healthy.

EXAMPLES

→ Eating fruits and vegetables at every meal.

→ Playing outside for at least 30 minutes each day.

→ Drinking water instead of sugary drinks.

MEMORY TIPS

★ Remember the acronym 'BEG' for Balanced diet, Exercise, and Good hygiene.

★ Think of 'SLEEP' as a reminder: Sleep, Light meals, Exercise, Eat healthy, Play.

★ Use the rhyme: 'Water, fruits, and play, keep sickness away!'

COMMON MISTAKES

✗ Skipping meals instead of eating healthy snacks.

✗ Not drinking enough water throughout the day.

✗ Neglecting sleep for more screen time.

QUICK RECAP

Healthy habits include eating well, exercising, and getting enough sleep. They help us grow strong and stay healthy. Remember to hydrate and practice good hygiene every day!