



Words you will learn:



health

How our bodies and minds are working or feeling.



mental health

How your mind is working or feeling.



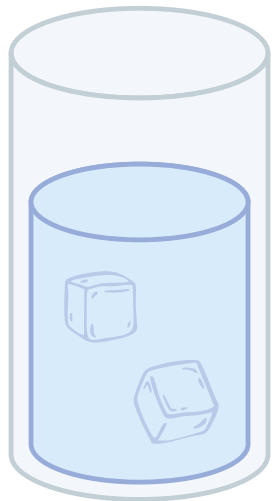
nutrients

Substances found in food that living things use for life and growth.



physical health

How your body is working or feeling.



When your body has enough water it is **hydrated**.

Aim for 6-8 glasses of water a day

If you do not drink enough water, you could become **dehydrated**.

Being **active** helps take care of your body and mind.



Exercise means taking part in physical activity to stay fit and healthy.



Healthy choices support your **mental health** and your **physical health**.

Eat a **balanced diet**. A balanced diet means eating the right amount of different foods to keep your body healthy.

Different foods give your body the **nutrients** it needs to grow, keep energy levels high and to stay healthy.

Go foods



pasta



bread

Glow foods



carrots



kiwi

Grow foods



eggs



yogurt



Your **mindset** is the way you think about learning, challenges and success.



fixed mindset

I can't do it.



growth mindset

I can't do it
YET.

Resilience means continuing to try even when something feels difficult.



Sometimes people need **support** with their feelings. For example, if they feel worried or **lonely**.

Lonely means not feeling connected or understood by others, even if you are around people.



Talk to a **trusted adult** when you need **support** with your **mental** or **physical** health.