

A balanced diet

This means **eating** a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.



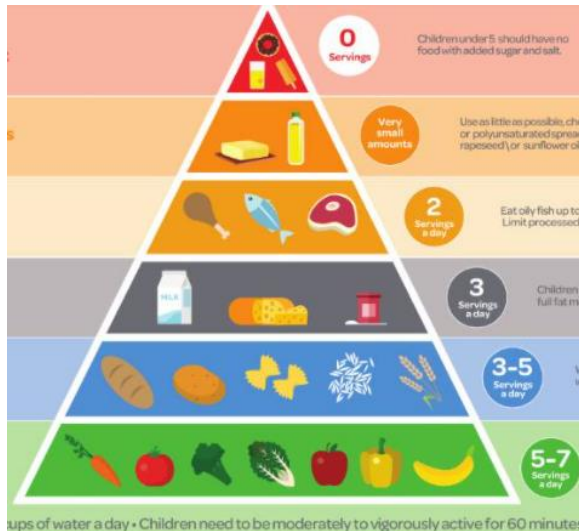
Carbohydrates

Carbohydrates are the sugars, starches and fibres found in fruits, grains, vegetables and milk products. They are important for a healthy diet.



Food pyramid

A Food Pyramid is a guide showing the entire healthy food intake that our body needs.



Exercise

To do physical activities to make your body strong and healthy.



Healthy

Keeping healthy means doing things that are good for your body - things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep.



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Heart rate

The heart rate is the number of times the heart beats in the space of a minute.

The heart is a muscular organ in the center of the chest. When it beats, the heart pumps blood containing oxygen and nutrients around the body and brings back waste products.

