

What Do Our Bodies Need?

A Healthy, Balanced Diet

The food and drink we put into our bodies affect how well they work. Our bodies need a range of **nutrients** to stay healthy on the inside and to keep our **organs** working well. Eating a wide variety of foods, and in the correct amounts, is the best way to provide these nutrients. When we are healthy on the inside, it shows on the outside, too. Healthy skin, clear eyes, strong teeth and nails, and shiny hair are all signs of good health.



Do you eat a wide variety of foods?

Regular Exercise

Our bodies need regular exercise. When we exercise, our brains produce endorphins, which are chemicals that make us feel great. Being active helps our bodies' digestive systems work better, too.

Do you walk or ride your bike to school?

Clean Air

Our bodies need clean air. When we breathe air, we take **oxygen** into our lungs. Our blood then carries the oxygen throughout our bodies, where it helps to give us energy.

Time to Relax

It is important that we have time on our own or with friends to do relaxing activities that we enjoy.

Enough Sleep

Experts agree that, during our growing years, our bodies need ten hours sleep each night for good health.

How many hours sleep do you get each night?

