

Healthy Living - Instructor Script

Q. Can anyone tell me what they think is meant by Healthy Living?

A. Healthy Living is all about treating your body well inside and out. It means eating healthy food, drinking healthy drinks, making sure you get enough sleep and learning how to brush your own teeth and keep yourself nice and clean. Exercising your body is very healthy too and it is also really good for your brain as well.

Q. What kind of foods are healthy?

A. It is important to make sure you have a healthy and balanced diet. A healthy diet means making sure you eat enough fruit and vegetables as well as eating healthy meals. Processed foods like burgers and chips are not good for your body. Too much sugar in your diet is especially bad for you and sugar does not help you grow up to be strong and healthy. Sweets are especially bad for your body as well as for your teeth so try not to eat too many sweets and sugar based foods.

Q. What if you are allergic to some foods like nuts, wheat, dairy or eggs?

A. It is important to know if you have any allergies to specific foods so that you can remove them from your diet. Your parents and guardians will help you with this. You may also have some friends with food allergies and that can mean that you must be careful eating certain foods around some friends with allergies.

Q. Why is it important to drink water?

A. It is really important that you keep your body hydrated by drinking water throughout the day. Water keeps your body healthy and even helps you to learn better. Drink your water and help your brain and body to be the best they can be. Fruit juices and fizzy drinks are very bad for your body and for your teeth. Try to choose water or milk if you can.

Q. How important is it to exercise your body?

A. It is so important that you stay active and that you exercise your body every day. Exercise can be a lovely walk with your family, joining in the activities at Little Tiger Cubs, dancing, jumping, running, cycling and many more activities. Find activities you love and do your very best to be active and fit every day. Being active makes sure your muscles are strong, your heart is healthy and your brain loves exercise too.

Q. Why is sleep and rest important for your health?

A. Sleep is as important as healthy eating, drinking and exercise and is a really important part in the jigsaw of healthy living. Our bodies need to be rested so that we have energy for the new day. Your brain and body are developing so quickly and good sleep ensures that you are not too tired to be active and learn new skills. Children who sleep well learn faster and remember things more.. It is recommended that you should sleep for 10-13 hours every night. Do your best to get to bed early.

Q. Why did TC the Tiger Cub have to make sure he was nice and clean?

A. TC felt really happy after his bath. He liked how good he felt when he was clean and his teeth were brushed and gleaming. It made him want to look after himself and helped him on his journey to health living. Make sure you brush your teeth in the morning and in the evening and keep your body clean each day.

Q. Is healthy living hard work?

A. Healthy living is good fun and it is all about making the right choices to keep yourself healthy. This means eating healthy foods and reducing unhealthy foods like sweets, drinking water or milk rather than fizzy drinks, exercising your body each day and making sure you begin and end each day by keeping yourself clean and brushing your teeth. Healthy living means that you give yourself the best chance to be the best you can be.