

Healthy habits



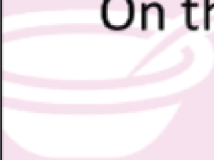
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What are healthy habits?

Can you think of any
healthy habits that you do
everyday?

On the next few slides are some
that you could try



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**Healthy
Meals**

**Healthy
Snacks**

Try to make them everyday foods rather
than treat foods.

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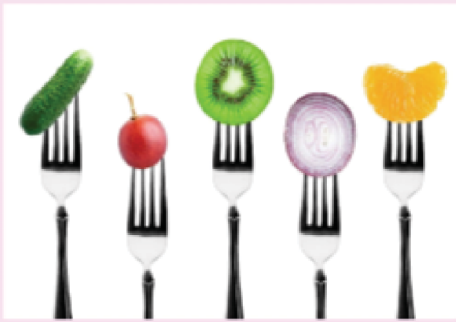
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Eat breakfast every day

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Eat 5 portions a day and try to eat a rainbow of fruit and vegetables

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The best drink to have is water

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Milk

Fruit juice (1 a day)

Diluted squash

Insert Change 4 Life image of me sized meals:

www.nhs.uk/Change4Life/supporter-resources/downloads/302468_C4L_MeSizedMealsPosterfamilyacc.pdf

Have 'Me Sized Meals'

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Do 60 minutes of physical activity every
day

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Activity

- **Class Activity:** Read out the story of Bert's Healthy Habits Day and let the children fill in the blanks.
- **Individual activity:** On the back of Bert's story, draw a picture of you doing one of your healthy habits.

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Images included in this appendix are from iStock.com:

Granola with milk/Ansonsaw

Fruit and vegetables, Healthy fresh fruits and vegetables backgrounds/SerAlexVi

Clear plastic water bottles with blue caps/Ferlistockphoto

Young parents with children riding bikes in park/Monkeybusinessimages