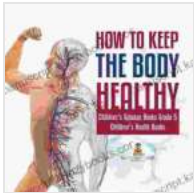


# How to Keep the Body Healthy: Children's Science Grade Children's Health



How to Keep the Body Healthy | Children's Science

Books Grade 5 | Children's Health Books by Evelyn Trimborn

★★★★★ 5 out of 5

Language : English

File size : 26746 KB

Screen Reader : Supported

Print length : 72 pages



As a parent, you want the best for your child. You want them to be healthy and happy, and you want them to reach their full potential. One of the most important things you can do to help your child reach their full potential is to make sure they are eating a healthy diet and getting enough exercise.

This book will teach you everything you need to know about children's health and nutrition. You will learn about the importance of a healthy diet, the different food groups, and how to make healthy choices. You will also learn about the importance of exercise, and how to get your child involved in physical activity.

This book is a comprehensive guide to children's health and nutrition. It is written in a clear and concise style, and it is packed with tips and advice that can help parents keep their children healthy and happy.

## The Importance of a Healthy Diet

A healthy diet is essential for children's growth and development. Children who eat a healthy diet are more likely to be healthy and active, and they are less likely to develop chronic diseases such as obesity, heart disease, and diabetes.

The key to a healthy diet is balance. Children need to eat a variety of foods from all of the food groups. These food groups include:

- Fruits
- Vegetables
- Grains
- Dairy
- Protein

Children should also drink plenty of water each day.

## **The Importance of Exercise**

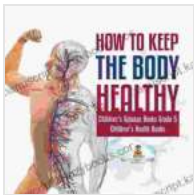
Exercise is another important part of a healthy lifestyle for children. Exercise helps children build strong bones and muscles, and it can help them improve their coordination and balance. Exercise can also help children relieve stress, improve their mood, and sleep better.

Children should get at least 60 minutes of exercise each day. This exercise can be divided into smaller chunks, such as 30 minutes in the morning and 30 minutes in the evening.

There are many different ways for children to get exercise. Some popular activities include:

- Playing outside
- Riding a bike
- Swimming
- Playing sports
- Dancing

Eating a healthy diet and getting enough exercise are two of the most important things you can do to help your child reach their full potential. By following the tips and advice in this book, you can help your child stay healthy and happy for years to come.



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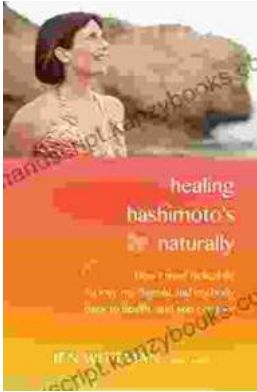
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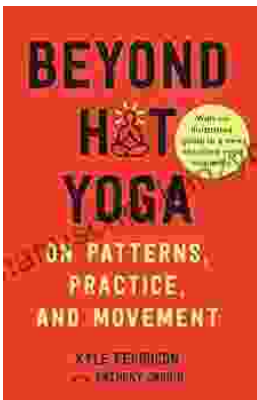
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