Body Basics – Healthy Living
Be Healthy! It’s a snap!
We need to sleep.

We need to eat healthy food.

We need to listen to music, read, have quiet time.

We need to play sports and exercise.
Exercise and sports make a healthy body…

inside and out!
Do you like to exercise?
Do you like to play...

...or watch soccer?
running  soccer  biking

basketball  tennis  volleyball

swimming  baseball  football
Vegetables
Protein
Grains
Dairy
Let’s go shopping!
Three Types of Food on Healthy Plates

Whoa Foods: OK to eat but not very often

Slow Foods: Good to eat sometimes but not every day

Go Foods: Good to eat all the time
Fruits and Vegetables

Go!

Slow!

Juice

Whoa!
Protein, Grains, Dairy

**Go!**
- Low-fat yogurt

**Slow!**
- Eggs

**Whoa!**
- Fried chicken
- Fast food
Our body: Inside and Outside
Our body has many systems.
Our pulse measures our heart rate.
circulatory system

heart
muscle

the muscular system
bones

the skeletal system
the digestive system

stomach
lungs

the respiratory system
brain

the nervous system
Making a neuron

- **Axon**
- **Cell body**
- **Dendrites**
- **Myelin**
- **Synaptic terminal**
a neuron
Your brain is the control center for:

- heart
- lungs
- stomach
- movement of muscles and bones
Brain food helps form myelin.

avocados  lentils  salmon
Brain food keeps blood flowing.

- purple grapes
- spinach
- blueberries
Brain food for energy for neurons.

brown rice

whole grain bread

sesame
Brain food to protect brain cells.

eggs

sweet potato
Interpretive Task