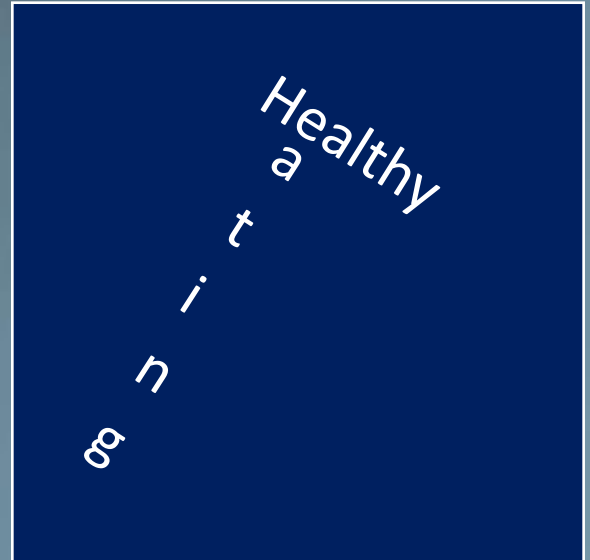


Eating healthily is essential for keeping you well and it is also good for your brain and how you feel. Even if you don't like healthy food, you have to eat it or you will become extremely unwell.



The food pyramid



The food pyramid tells you how much of something you need or don't need. It has coloured sections to tell you if things are good for you or bad for you.

Eating healthily gives your body all of the energy that you need to feel happy and well.

5 A Day

It is important that you eat at least five different fruits or vegetables in a day.

If you don't like a certain fruit or vegetable, it doesn't mean that you don't like every vegetable or fruit in the world! You should keep trying new, healthy things.