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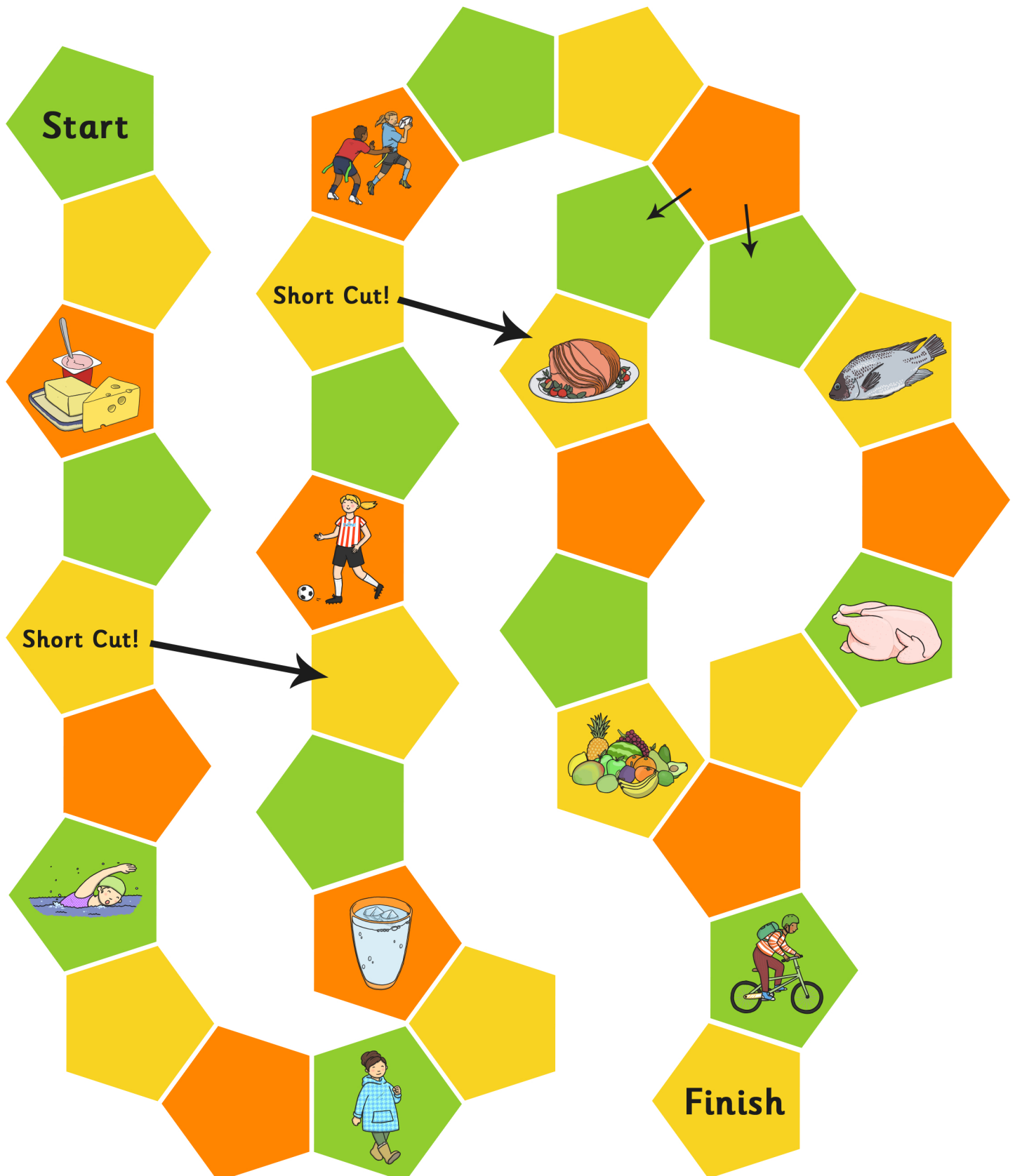
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Healthy Living Game

Take turns to move around the board. If you land on a picture answer a question. The winner is the first one to finish.



Can you think of 5 things you can do to exercise?

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Can you name 5 different fruits?

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Can you name 5 different vegetables?

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Why is it important to keep healthy?

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How many portions of fruit and vegetables should we aim to eat in a day?

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Can you think of 3 unhealthy things that people do?

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Why is exercise good for us?

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What is the muscle called which pumps blood around our body?

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What happens to your body when you have been exercising for a few minutes?

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Can we eat unhealthy food?

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