

# AN APPLE A DAY KEEPS THE DOCTOR AWAY



FAMOUS NURSES

MARY SEACOLE



What do we mean by eating five a day?



We will be chopping, peeling, grating and slicing to make a healthy fruit salad. What is your favourite fruit?

Is it also important to exercise?

Is it important to drink lots of water?

Is it important to get enough sleep?

Is our personal hygiene important?



FLORENCE NIGHTINGALE

## BALANCED DIET

It is important that we eat a balanced diet to keep fit and healthy. We should eat the correct proportion of food from these different food groups:

- Carbohydrates
- Fats
- Sugars
- Fruit and vegetables
- Dairy
- Meat, nuts and fish