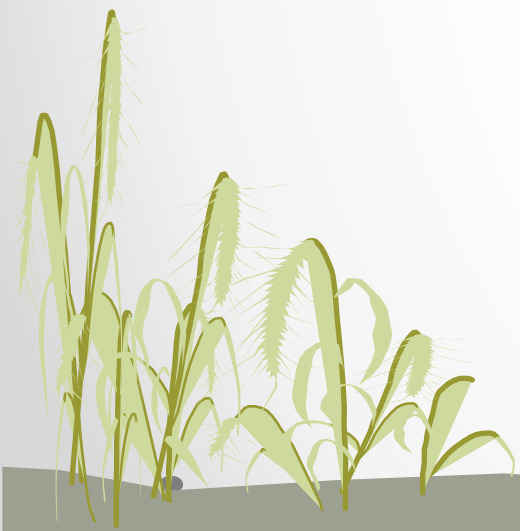


Do you know that?



kids have a busy day. We go to school, run around with friends, go to sports practice or other activities, and do our homework. We need to rest after that to get energy for the next day. We need to sleep 10 hours every night.

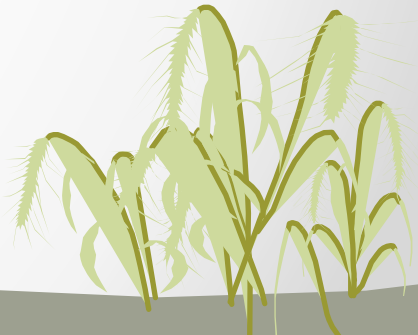


Animals need to sleep too. Cats need 16 hours and giraffes only need 30 minutes!

It's very important to eat the right food. We need to eat five different kinds of fruit and vegetables every day. Drinking water is good for us and we need to drink lots of it every day. Cake and sweets can be bad for our teeth. We shouldn't eat lots of cakes.



 NutritionFacts.org



Exercise is good for our bodies. We can ride bikes, walk, run and swim or we can play sports like football, basketball and tennis. It's important to move our bodies to be healthy.



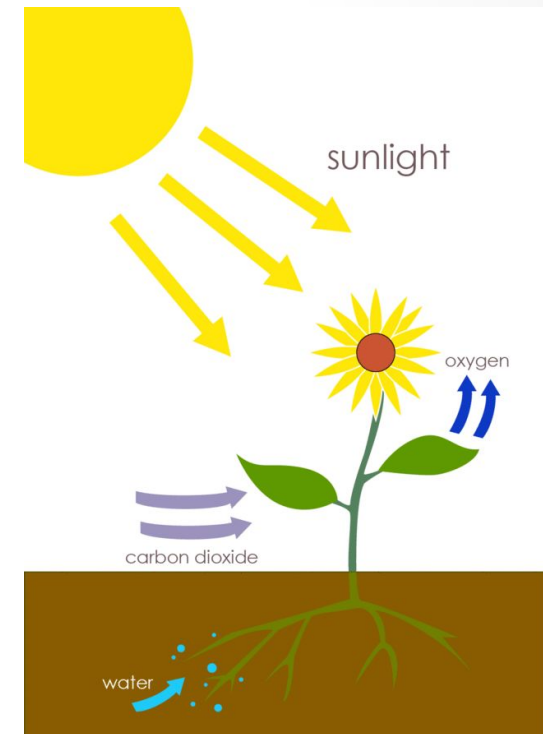
Playing computer games and using mobile phones for a long time can cause illness. Playing sports is better for our health.



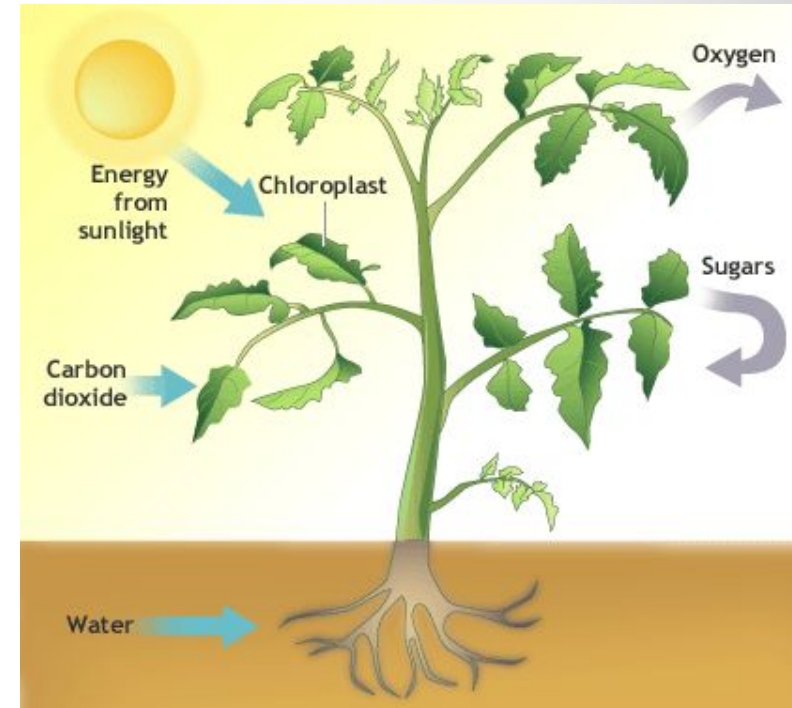
How do plants breathe?

People need food to eat, water to drink and air (oxygen) to breathe.

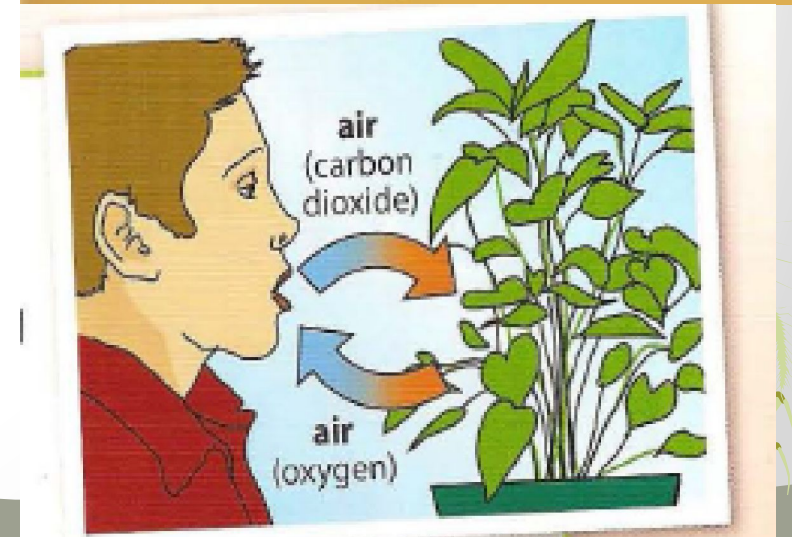
But plants need the sun, water, air (carbon dioxide) and food to grow.



Plants get their food from things in the ground and their leaves help them to get carbon dioxide for them to breathe.



When we breathe we make carbon dioxide.
The plants use carbon dioxide to live



Plants also give us a lot of things to eat. We can eat the seeds in the sunflower, the leaves in the lettuce, the fruit (orange) and roots of the plant (like carrots). They are good for our bodies.

