



Name _____

For Your Health

Taking care of your health is important. When you're healthy, you're ready for work and fun. You have more energy for active games, like soccer. Exercise keeps your body fit. Your brain also benefits when you stay healthy. And a strong brain is helpful in school!

The right foods help you stay healthy. Fruits and vegetables help your body fight some diseases. The proteins in fish, beans, and some grains are good for your muscles. Foods with lots of sugar and fat don't help you stay healthy. Keep this in mind when you choose what to eat.

Water also keeps your body healthy. It helps your heart beat, and it helps you digest food. You can drink water, but you can also get water from food. Both fruits and vegetables have water in them.

There are many ways to stay healthy. How will you take care of your health?

Instructions: Think about your favorite game. What are two important points you want people to know about it? Write these main ideas on the graphic organizer. Then write at least three details that support each main idea. Use this information to write two paragraphs, one for each main idea.

Main Idea	Details
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