Staying Healthy

Feeling Good
Staying Healthy

Eating food gives you energy

If you eat too much you will put on weight

Being overweight is not healthy

If you don’t eat enough you will lose weight
Being underweight is not healthy.

Being overweight or underweight can make you ill.

It is bad for your heart.

It can make you very tired.
Unhealthy food and drink
Foods to have as a treat sometimes

- fried foods
- crisps
- cakes
- sugar
- chocolate
- sweets
- biscuits
- fizzy drinks
Healthy food and drink
Foods to eat most of the time

- steamed or grilled food
- wholemeal bread and pasta
- chicken
- fish
- fruit
Make sure you have breakfast every day. Plus one main meal and one light meal.
Some ideas for healthy meals

- Fish, rice and vegetables
- Tuna pasta salad
- Salad wrap with chicken
- Vegetable soup with pasta
- Salmon with potatoes
- Jacket potato with cream cheese
- Baked beans on toast
- Muesli with fruit
Exercise is very important to keep your body healthy.

These are some things you could try:

- Swimming

  Try and do some exercise at least 3 times a week

- Walking

  Try and use stairs instead of the lift.

- Gym (check with the gym staff before you start exercising)

  Try and walk instead of going on the bus or by car.
Smoking

- Don’t smoke as it will harm your body.
- Cigarette smoke is poisonous. Smoking causes cancer.
- If you smoke try and stop now
- See your Doctor if you need help to stop smoking

Alcohol

If you like to drink alcohol...
- don’t drink it every day
- don’t have more than 1 or 2 drinks a day.

Feelings

- Try and talk about how you feel
- Say if you feel sad or angry
- Don’t bottle things up
- Talk to a friend or your doctor
Boiled eggs

Put the egg in a small saucepan and cover with cold water.

Cover with a lid and turn the ring on to a high heat.

Bring the water to the boil (till it bubbles). Turn the heat down to medium.

Boil gently for **1 minute** for a soft-boiled egg, **2 minutes** for a medium egg, and **3 minutes** for a hard-boiled egg.

Use a spoon with holes in to take the egg out of the pan. Put it in an egg cup and serve with toast.

Microwave jacket potato

Wash a large potato. Pat it dry with kitchen paper.
Prick the potato with a fork 10 times

Put the potato on a plate in the microwave.

Cook for 8-10 minutes on high.

Be careful it will be very hot when you take it out. It will feel soft when it is ready.

Cut the potato across the top and spread with butter.

You can have it with grated cheese or tuna and sweetcorn.

Serve with salad – chopped lettuce, tomato, pepper, cucumber and grated carrot.

There are more recipes on

www.photorecipes.co.uk
www.yourspecialchef.com
A Health Checkers Leaflet made by speak easy N.O.W

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