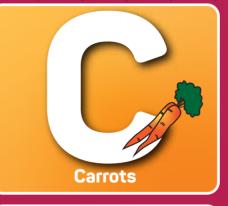# ALPHABET OF HEALTH AND WELLBEING

Fruits and vegetables come in every colour of the rainbow.

Eat fruit and vegetables every day for a strong and healthy body.

A Apples	**B** Broccoli	**C** Carrots	**D** Dried Fruit
E Exercise	**F** Fish	**G** Grapes	**H** Honey
I Instant Oats	**J** Juice	**K** Kidney Beans	**L** Lentils
M Milk	**N** Nuts	**O** Oranges	**P** Pumpkin
Q Quiet Time	**R** Recycling	**S** Spinach	**T** Tomatoes
U Upcycling	**V** Vegetables	**W** Water	**X** X-Factor
Y Yoghurt	**Z** ZZZ		

Be active every day! This can help you sleep better, have more energy and make you happier.

Eat dried beans, peas and lentils to help your body grow bigger, stronger and healthier.

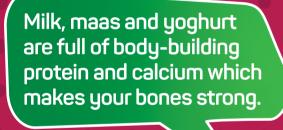Milk, maas and yoghurt are full of body-building protein and calcium which makes your bones strong.

When we recycle, we turn waste into new things. Don't throw paper, bottles and cans away! Recycling them helps the planet.

Take a break from your screen and do something that helps you to relax, like reading or playing outside. Quiet time is good for you!

The X-Factor is your secret power! Keep it strong by moving, playing and eating healthy food.

When we upcycle, we turn old things into better and more useful things. Help the planet by upcycling your old T-shirts into cleaning cloths and shopping bags!

Get a good night's sleep to grow strong and feel ready for the day!

Drink water every day to stay healthy and full of energy!