

# Staying Healthy



# Feeling Good

## Staying Healthy



Eating food gives you energy



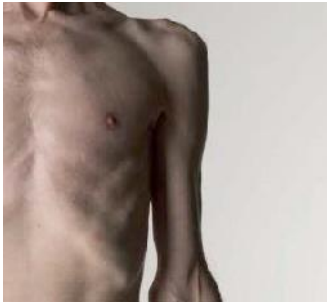
If you eat too much you will put on weight



Being overweight is not healthy



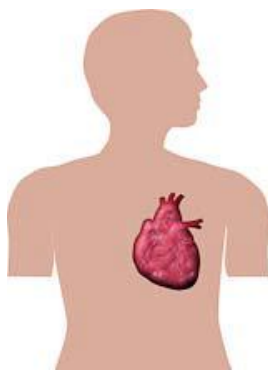
If you don't eat enough you will lose weight



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



biscuits



sweets



fizzy drinks



# Healthy food and drink

## Foods to eat most of the time



steamed or grilled food



wholemeal bread and pasta



chicken



fish



fruit



semi skimmed milk



vegetables



water

Make sure you have breakfast every day. Plus one main meal and one light meal.



cereal without sugar



salads

## 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



walking

Try and do some exercise at least 3 times a week



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



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



Try and use stairs instead of the lift.



## 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



# Recipes

## 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.

**8** minutes

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](http://www.photorecipes.co.uk)

[www.yourspecialchef.com](http://www.yourspecialchef.com)

A Health Checkers Leaflet made by

