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HOW CAN WE KEEP HEALTHY

Unit 5 L1



What is healthy?

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Which food is healthy and not healthy?





How do doctors check if we are healthy?

- Heart rate

When you place your fingers on your wrist or neck to check your pulse, you are feeling your heart rate.

Your heart, which is like a strong muscle in your chest, pumps blood to all parts of your body.

The pulse tells you how fast or slow your heart is beating. It is important to have a normal heart rate because it helps keep your body healthy and working well

WHAT DOES IT MEAN TO BE HEALTHY?

