HOW CAN WE KEEP HEALTHY

Unit 5 L1



What is healthy?





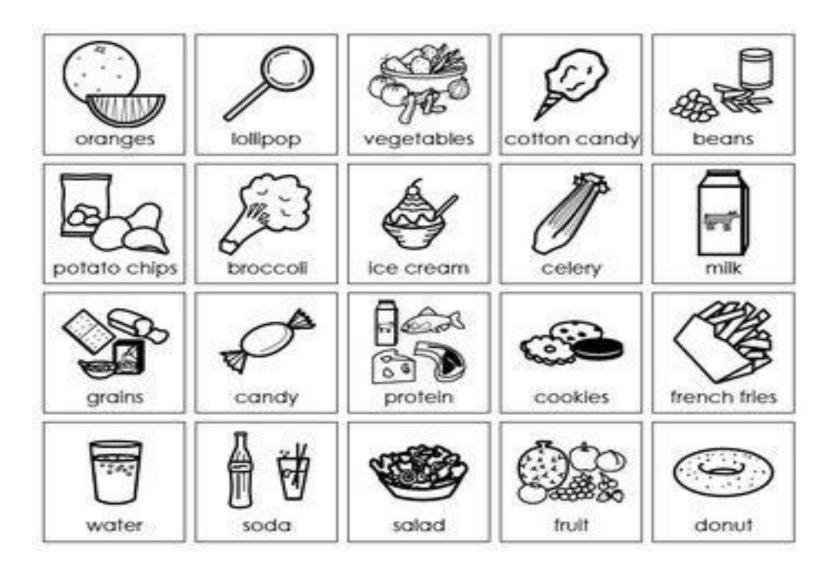






+

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?