

Nutrition

Nutrition is the food that you eat. Eating well is not only important for maintaining a healthy body, but it is also important for maintain a healthy mind.

If you eat...

A lot of vegetables and fruit

Lots of starches such as bread, ugali or rice

Not too much salt and sugar

A lot of protein such as eggs, milk, meat or fish



Photo by: https://commons.wikimedia.org/wiki/File:A_plate_of_Ugali_with_fish_and_vegetables.jpg

Then it will...

Make you concentrate better in school

Help you become stronger

Give you more energy

Reduces the chances of getting diseases including cancer or heart disease

Reduces the risk of getting Type II diabetes

This plate shows a balanced diet.

The ugali (starch source),

fish (protein source,

sukuma wiki (vegetable source)



Exercise

Exercise is defined as participating in activities where you need to use your physical strength.

- It is recommended that sometime during the week you should do exercises to train your bones and muscles.
- Proper exercise is achieved if you work hard enough to sweat and to feel an increased heart rate.
- It is recommended that you exercise about 60 minutes every day.
- Playing football and running are good examples of exercises