



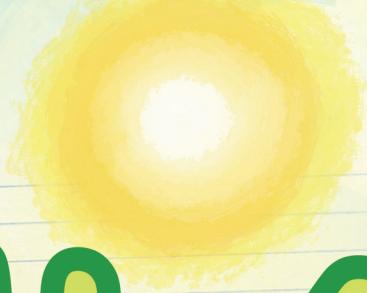
Healthy Happy Me

Easy-Peasy Guide to
Awesome Health

Kavita Sharma



Terrapin



From the Desk of Dr R K Pachauri

General wellbeing of children is not limited to personal hygiene rules and good eating habits, but it is an all-encompassing subject that includes physical, mental, emotional, and social health.

We are living in a world where diseases are multiplying at an unbelievable pace, parents are running a mad race to earn enough for a decent lifestyle, and families are shrinking in size. It means our younger generation, especially in the urban areas, has lesser number of adults nurturing them and easy access to health issues. In such a scenario, it is no less than a monumental challenge to instill healthy habits in kids and make them hygiene conscious. At the same time, it is also important that this is done, without being preachy about it, so that they learn good manners with ease.

Age six presents a big change in the lives of young children, as they start primary school and begin to enjoy their first steps towards increased independence. This is also the time by which most six-year olds have begun to read with greater fluency and understanding, a skill used purely for delight as well as to figure out the world around them. For parents and educators, this mix of ability and awareness represents an opportunity to equip the curious, impressionable minds with information and skills for healthy living. Behavioural instincts developed at this age last throughout their lives, and it is important to inculcate habits that help them become healthy, happy, and responsible adults.

At a time when lifestyle diseases have breached the age barrier, the current information gap needs to be addressed with urgency. *Healthy Happy Me* seeks to bridge this critical gap by building on what children learn about the human body and health at school. The book offers expert ideas for children's physical and mental health, fitness, and overall wellness in an informative, engaging, and fun way. I hope it will inspire young readers to choose a healthy, independent, and responsible lifestyle.



R K Pachauri
Director-General, TERI

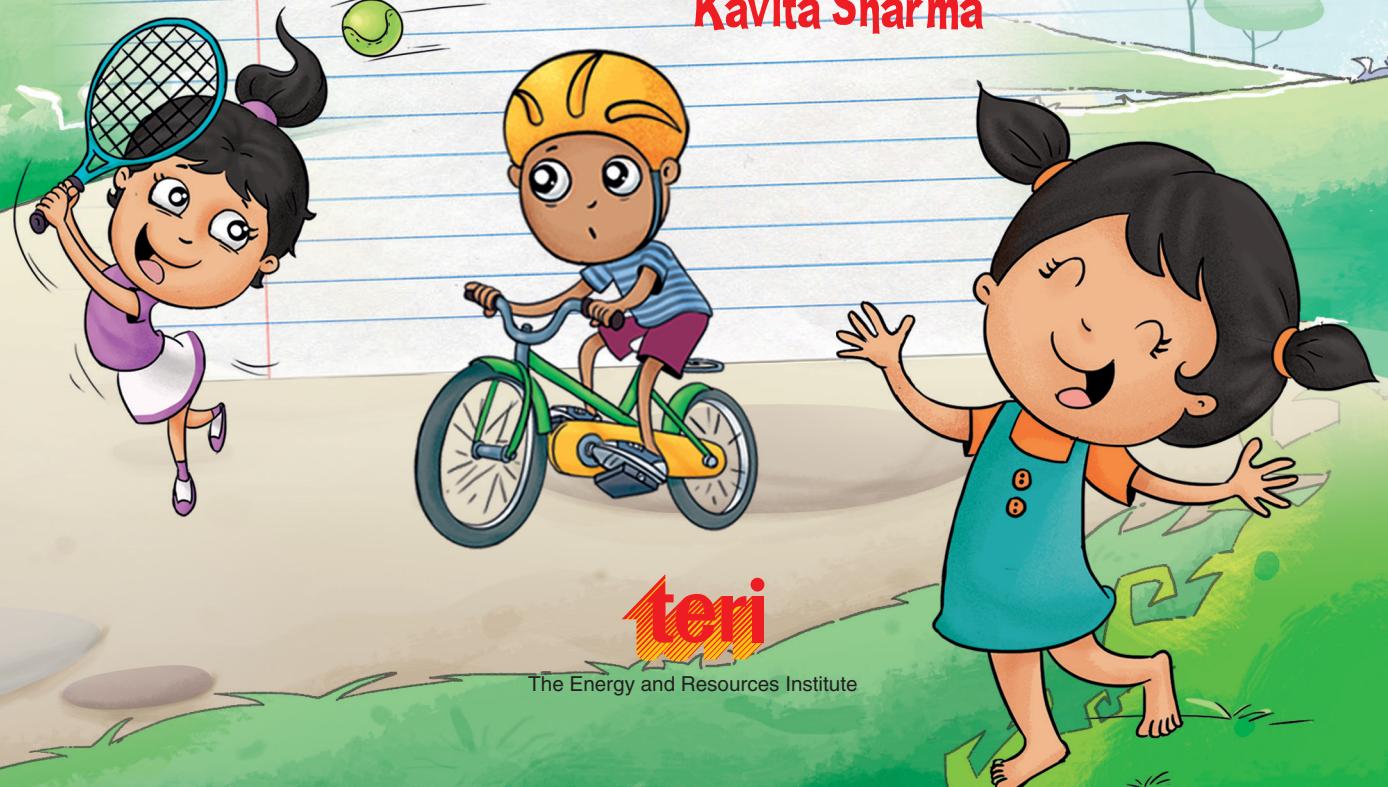


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The Energy and Resources Institute



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Knowing what it means to be healthy

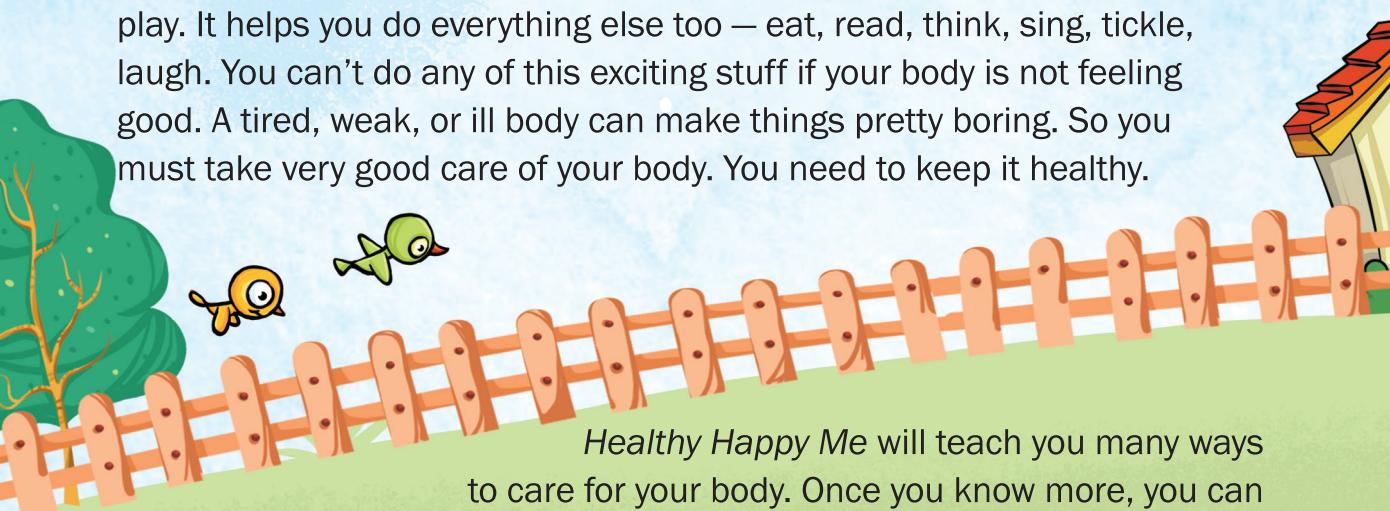
Jump and play... Be happy always!

Hey there! It's so much fun being you! You jump and run, hop and skip. Race in the park, or play football in the sun. Bicycle around the neighbourhood or play hide and seek in the house. You and your friends play so many fun games.



Do you know who lets you do all these fun things? Yes, mum and dad, of course. But there is someone even more important. Can you guess? **The answer is: your body!**

Your body is the coolest thing ever. It makes you move and dance and play. It helps you do everything else too — eat, read, think, sing, tickle, laugh. You can't do any of this exciting stuff if your body is not feeling good. A tired, weak, or ill body can make things pretty boring. So you must take very good care of your body. You need to keep it healthy.



Healthy Happy Me will teach you many ways to care for your body. Once you know more, you can teach others what they can do to stay healthy. You can be the health star of your family and class! **Let's get started, champion!**

Being healthy means

Not falling ill easily



Staying happy



Growing up strong



How Can I keep my BODY healthy?

You can do a lot of easy-peasy things to stay healthy. Can you think of some? Write down your ideas below.

I can stay healthy by:

.....
.....
.....
.....
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.....
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.....
.....

Good job! You are an excellent thinker. It's clear you care about your body. This is just the right book for you!



Having the energy
to run and play

Healthy meals are best meals

Chomp and chow... Eat healthy from now!

Bananas make you run faster...
Carrots help you see in the dark...
Lemons help you defeat infections...



Yes, that's right,
healthy food can make
you super strong.

Imagine your body
as a shiny new car. Can
this car move if it does
not have fuel? Nope, it
cannot. The fuel gives
the car the energy it
needs to go vroom...



Just like the car, your body also needs loads of energy to play, work, and grow. The food we eat has nutrients that give us this energy.

Nutrients are the power pops in food that give you energy and keep your body healthy. Different foods give us different nutrients. We need to eat many kinds of foods to stay healthy.

How many kinds of foods do you know about?

List the different foods you know.

You can also draw and colour if you like.

.....

.....

.....

You're doing well! It'll be fun to learn about many more kinds of foods and nutrients.

Know your nutrients

There are five kinds of nutrients — carbohydrates, proteins, fats, vitamins, and minerals. Well, these are long words. Can you say them all in 10 seconds? Try doing it!

All of us need to eat foods that give us these different nutrients. Let's know more about nutrients.

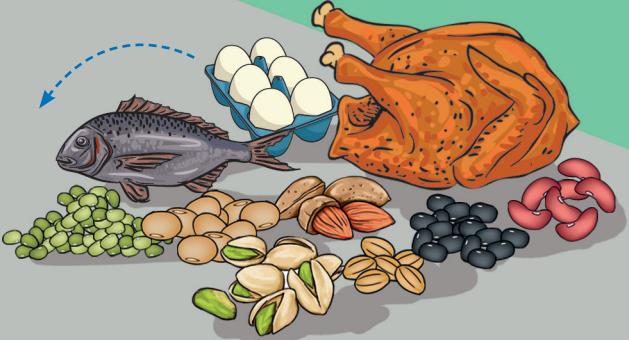


Proteins

We help you grow and keep your body strong. We also help to heal the little cuts you get in the playground faster. Eggs, meats, nuts, pulses, and beans are good sources of proteins.

carBohyDrates

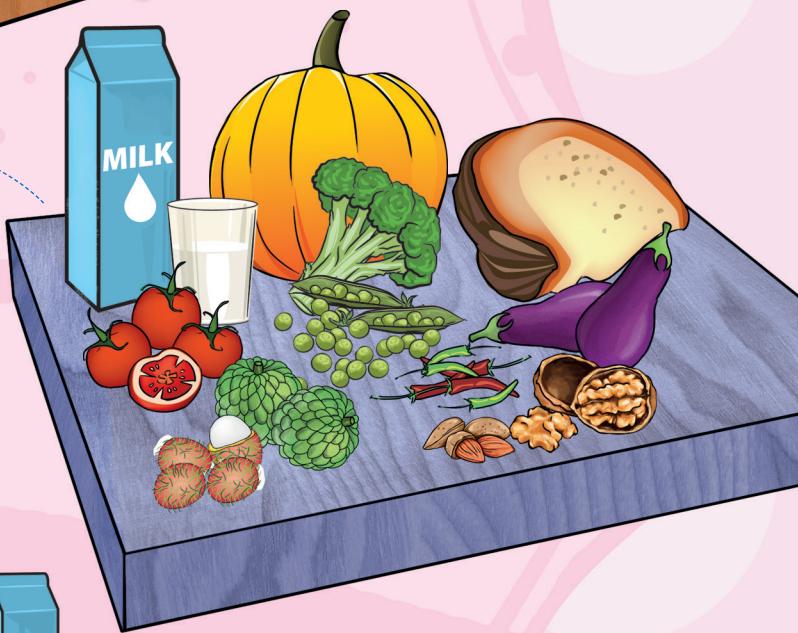
We give you the energy you need to work, play, jump, and skip. Grains, rice, sugar, fruits, vegetables, and milk are all sources of carbohydrates.





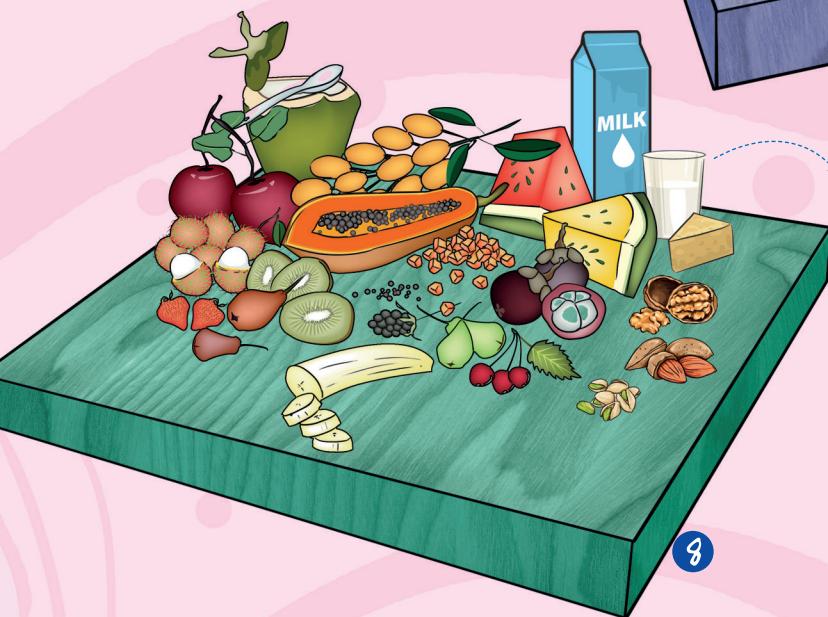
Fats

We help your body store energy and grow. Nuts, eggs, fish, cheese, and oils are all sources of fat.



Vitamins

We make your body healthy and keep you safe from diseases. Fruits, vegetables, milk, and nuts give us the different vitamins we need.



Minerals

We give you a strong body and keep diseases away. Fruits, vegetables, nuts, milk, yogurt, and cheese all have minerals.

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