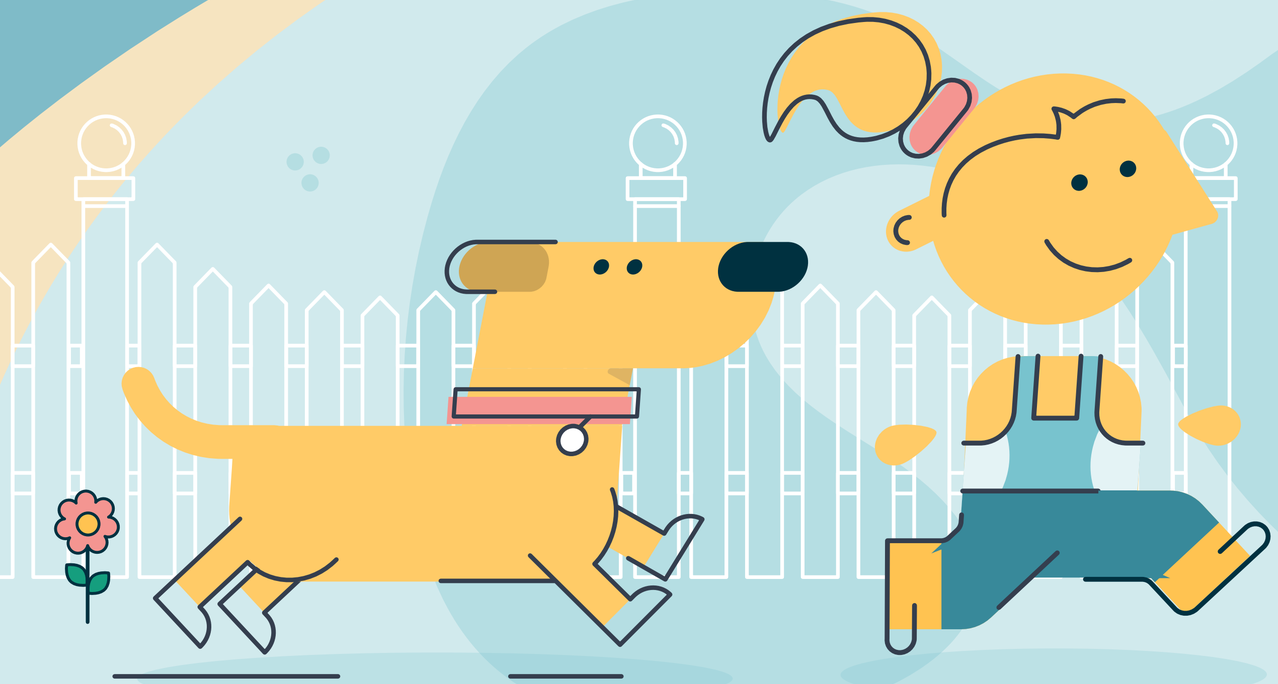
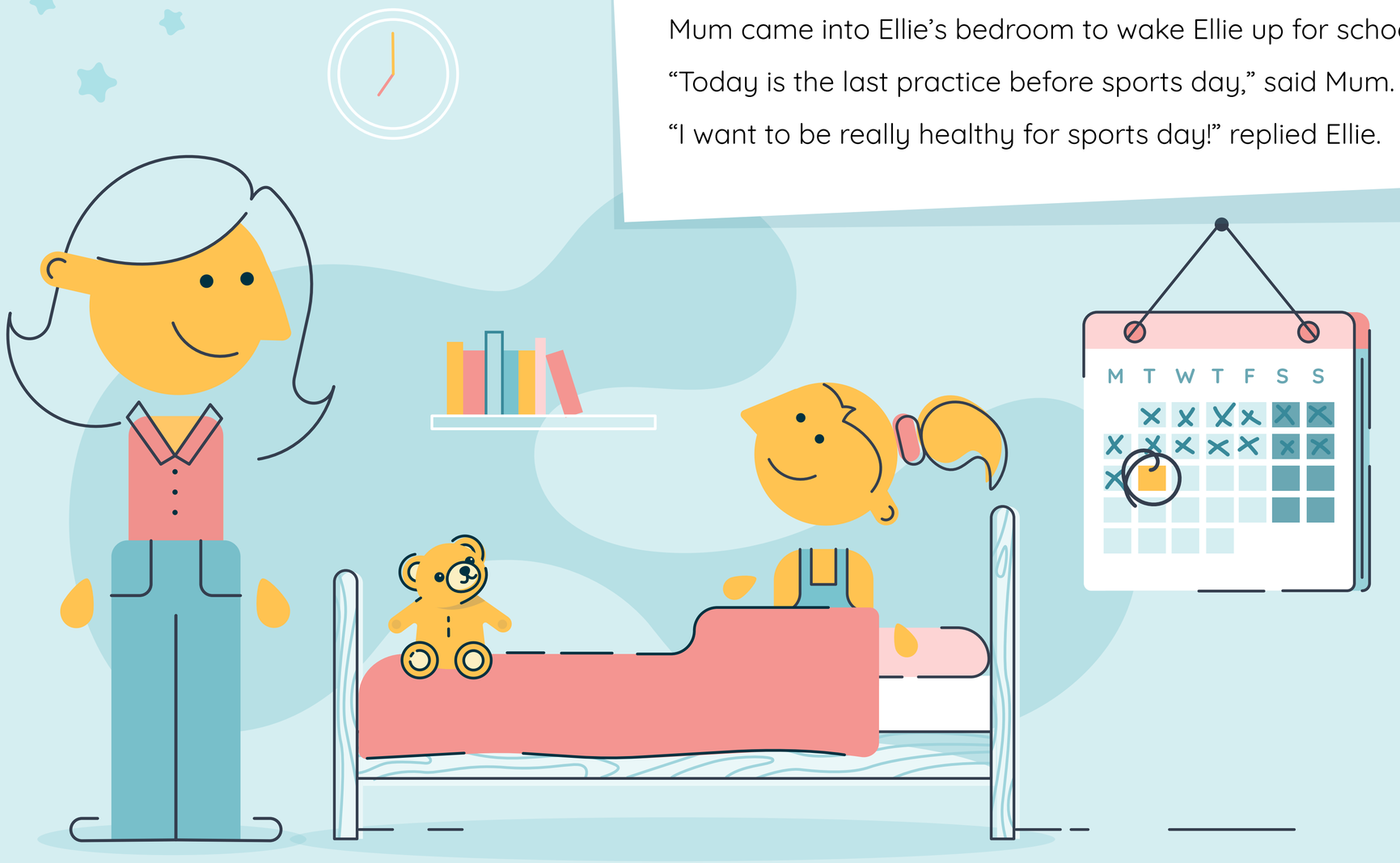


Ellie makes healthy choices

Mum came into Ellie’s bedroom to wake Ellie up for school.

“Today is the last practice before sports day,” said Mum.

“I want to be really healthy for sports day!” replied Ellie.





“Making healthy choices about exercise, eating the right types and amounts of food, and keeping clean can help our bodies grow strong and stay well,” Mum explained.

“If I do those things today, will I be healthy tomorrow?” asked Ellie.

Mum laughed gently. “Being healthy takes lots of healthy choices over time.”

But Ellie wanted to be healthy straight away.

Ellie jumped out of bed and put on her sports kit.

She ran outside and started running around the garden as fast as she could.

Rusty the dog chased after her, barking happily, “Woof! Woof!”

After one lap, Ellie stopped and puffed.

“I did exercise!” she said. “Am I healthy now?”

“One quick run is not enough, Ellie,” said Mum. “Our bodies need exercise again and again to keep our heart, muscles and bones strong.”

“Hmmm,” said Ellie. She started thinking about other healthy choices she could make.



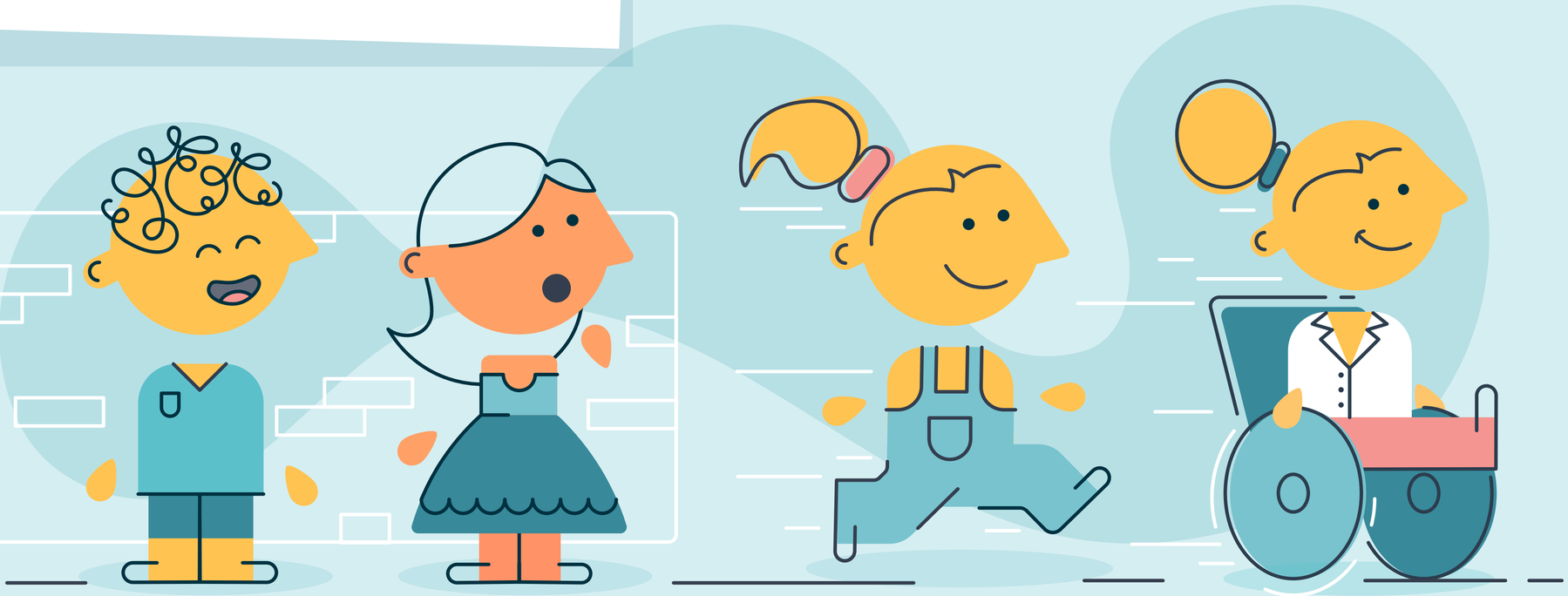
At school, Ellie met her friend, Millie.

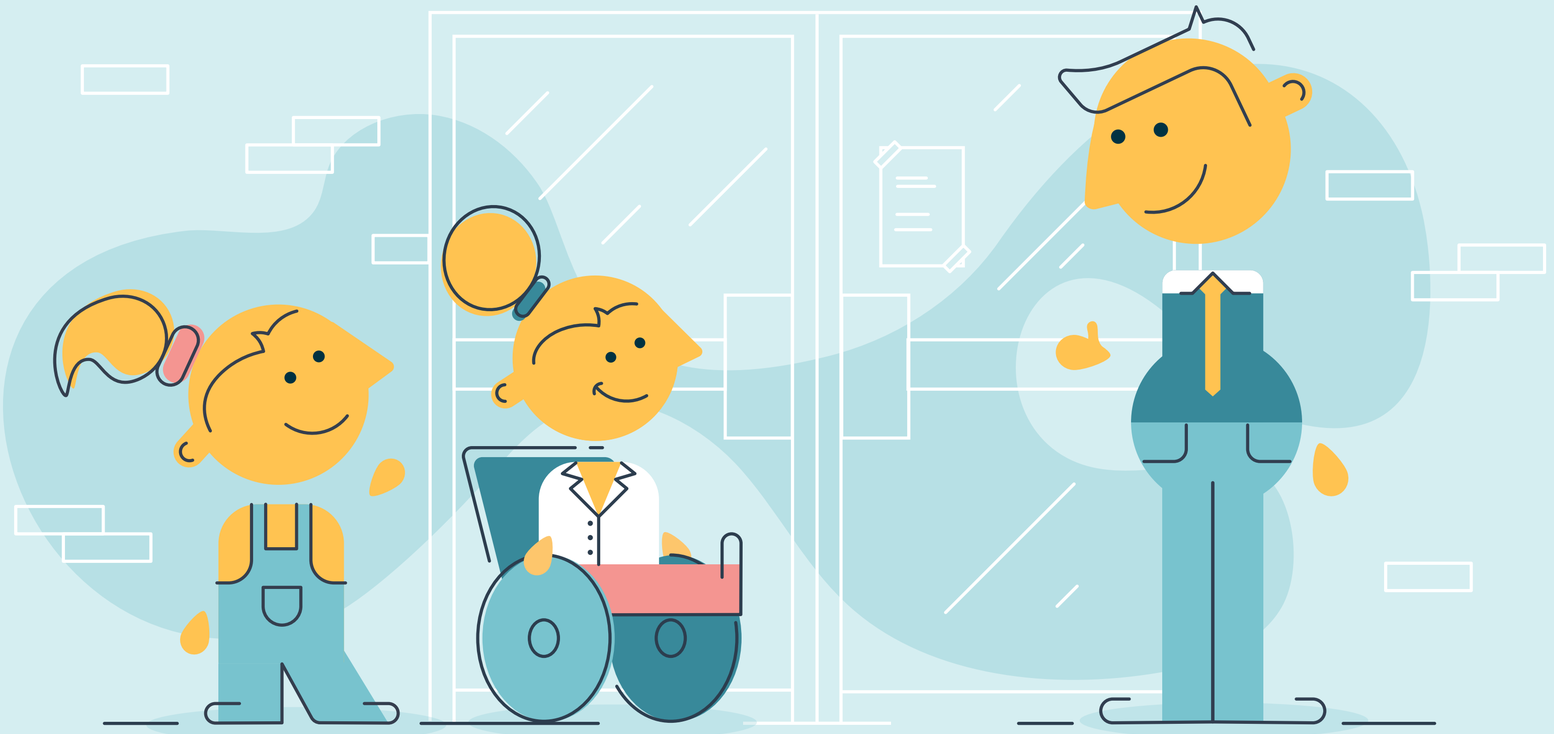
Millie zoomed across the playground in her wheelchair.

“Race you to the door!” Millie laughed.

“Ready, steady, go!” shouted Ellie.

They moved as fast as they could and were careful not to bump into anyone.





When they reached the door, Ellie giggled.

“That was fun! Am I healthy now?”

Millie smiled. “Moving our bodies helps us stay healthy. I like wheelchair races, swimming and throwing games at sports club.”

Mr Johnson was on playground duty and had heard the girls talking.

“Everyone can enjoy different kinds of exercise,” he said. “The important thing is to keep moving your body in lots of different ways as often as you can.”

That morning, Ellie's class learned a new word in science: **Hygiene**.

Their teacher, Mr Tyler, explained:

"Hygiene means keeping your body clean and doing things that help stop germs from making you poorly."

Ellie listened carefully and talked with her friends about healthy hygiene choices.

They had lots of ideas, and Mr Tyler said they were all important.

He wrote them on the board.





“Oops! I forgot to wash my hands before eating breakfast this morning,” said Ellie. “Does that mean I am not healthy?”

Mr Tyler smiled kindly. “Don’t worry, Ellie. One missed time doesn’t mean you’re not healthy. Just wash your hands next time and keep trying every day.”



Before lunch, Ellie and her friends washed their hands with warm water and soap.

Scrub, scrub, scrub!

“The soap helps wash away germs before we eat,” said Millie proudly. “It helps stop germs from getting onto our food and into our bodies, where they could make us poorly.”

Ellie looked at her clean hands.

“I washed them really well,” she said. “Am I healthy now?”

Millie reminded Ellie, “Good hygiene is just one part of being healthy. We need to make lots of healthy choices every day.”



At lunchtime, Ellie's class went to the school hall.

"There are carrots, peas, potatoes, noodles, chicken and fruit salad today," said Mavis the cook.

Ellie looked at her plate.

"So many colours!"

"Our bodies need different types of food from different groups," said Mavis. "Fruit and vegetables help keep us healthy. Potatoes, bread and pasta give us energy to run, play and learn. Beans, fish, eggs and meat help our bodies grow strong."

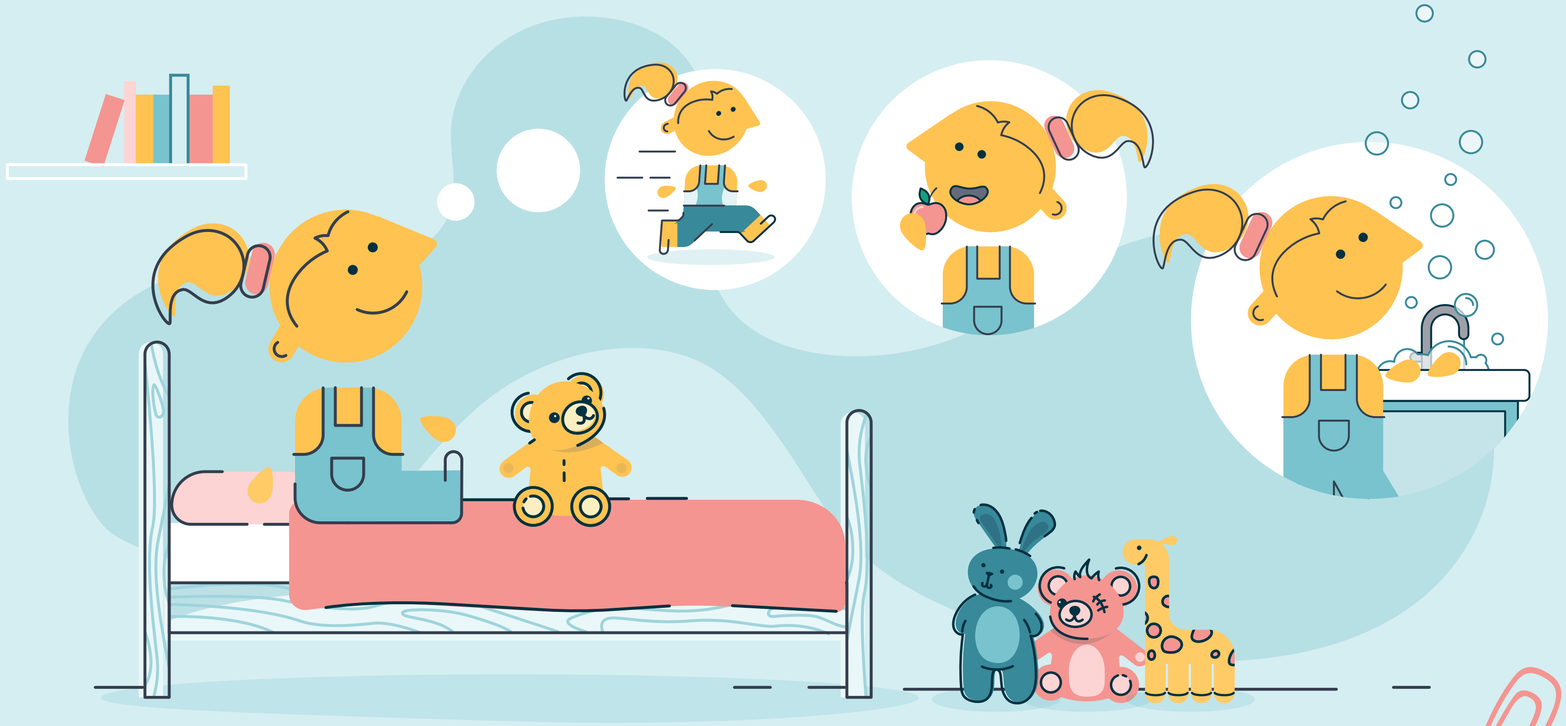
Ellie finished her lunch and looked at her empty plate.

“I made healthy choices at lunch! Am I healthy now?”

The cook grinned. “Healthy eating means making good choices every day, not just for one meal.”

Ellie nodded, “I am beginning to understand it now.”





That evening, Ellie sat on her bed with Mags, her favourite teddy bear.

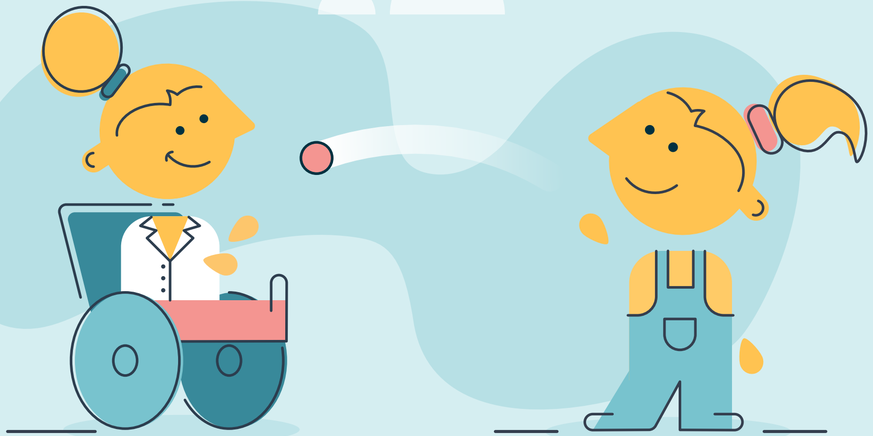
She thought about her day.

“I did exercise,” she said slowly. “I washed my hands and made healthy choices with food. I know now that being healthy doesn’t happen all at once.”

Mum peeped around the door. “We can become healthy and then stay healthy by making healthy choices again and again,” she said.

Ellie hugged Mags, feeling even more excited about sports day tomorrow.





The next morning, after a good night's sleep, Ellie felt refreshed and remembered everything she needed to stay healthy.

"If I keep exercising, eating the right types and amounts of foods and staying clean, I will have a better chance of staying healthy for sports day and all the days after that," she said.

"Exactly," said Mum. "And some of your healthy choices can help others to stay healthy too."

Ellie looked at Mum puzzled.

Mum explained to Ellie that healthy choices like washing your hands can stop germs spreading to other people, covering your mouth when you cough or sneeze helps protect others from germs, and playing with friends can encourage them to be active too.

Ellie decided she would dress up as a fitness instructor and teach her cuddly toys how to make healthy choices - she also made a promise to herself to keep making healthy choices every day... well, almost every day!



For more stories featuring Ellie, her family, friends and teddies, as well as accompanying teaching resources, visit:
www.abpischools.org.uk





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