

Protein – A type of food that helps our body grow and makes our muscles strong.

Carbohydrates (carbs) – A type of food that gives our body energy to play, learn and exercise.

Medicine – Something that helps make us better when we are ill and should only be taken with an adult's help.

- What does it mean to be healthy?
- How can I look after my body every day?
- Who can help me if I feel worried or unsafe?
- Why should medicine only be taken with an adult's help?

