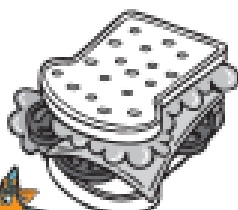




**food**



**sweets, sugary drinks**



**air – oxygen**



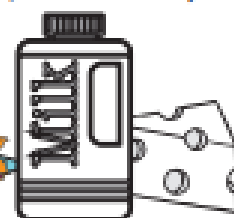
**sleep**



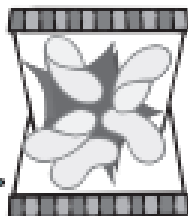
**water**



**healthy food including dairy foods (milk, cheese etc.)**



**crisps, cakes and biscuits**



**plenty of exercise**



**healthy food including lots of fruit and veg**





Activity sheet

# Healthy Me! Sorting board

coram   
Life Education

# SCARF

  
Safety Caring Achievement Resilience Friendship

To stay alive I need...

To stay alive I need...

To stay alive I need...

To stay alive I need...

To stay healthy I also  
need...

To stay healthy I also  
need...

To stay healthy I also  
need...

I don't need these to stay  
alive. It's ok to have them  
just occasionally...

I don't need these to stay  
alive. It's ok to have them  
just occasionally...