

## **“Healthy Living”**

### ***Be A Fit Kid***

- <https://kidshealth.org/en/kids/fit-kid.html?ref=search#catboy>

### ***5 Ways I Could Avoid Getting Injuries From Sports***

- <https://kidshealth.org/en/kids/sport-safety.html?WT.ac=k-ra#catboy>

### ***How Can I Compete In Sports?***

- <https://kidshealth.org/en/kids/pressure.html?WT.ac=ctg#catboy>

### ***What Is A Sports Physical?***

- <https://kidshealth.org/en/kids/sports-physicals.html?WT.ac=k-ra#catboy>

### ***I Don't Like Sports – What Do I Do?***

- <https://kidshealth.org/en/kids/no-sports.html?WT.ac=k-ra#catboy>

### ***MyPlate Food Guide***

- <https://kidshealth.org/en/kids/pyramid.html?WT.ac=k-ra>

### ***Should I Eat Breakfast?***

- <https://kidshealth.org/en/kids/breakfast.html?ref=search#catboy>

### ***Food Labels – Explained***

- <https://kidshealth.org/en/kids/labels.html?WT.ac=k-ra#catboy>

### ***The 5-Second Rule – Explained***

- <https://kidshealth.org/en/kids/5-seconds.html?ref=search#catboy>

### ***Food Allergies***

- <https://kidshealth.org/en/kids/food-allergies.html?ref=search#catboy>

### ***Nut & Peanut Allergy***

- <https://kidshealth.org/en/kids/nut-allergy.html?WT.ac=k-ra#catboy>

### ***What Being Overweight Means***

- <https://kidshealth.org/en/kids/overweight.html?ref=search#catboy>