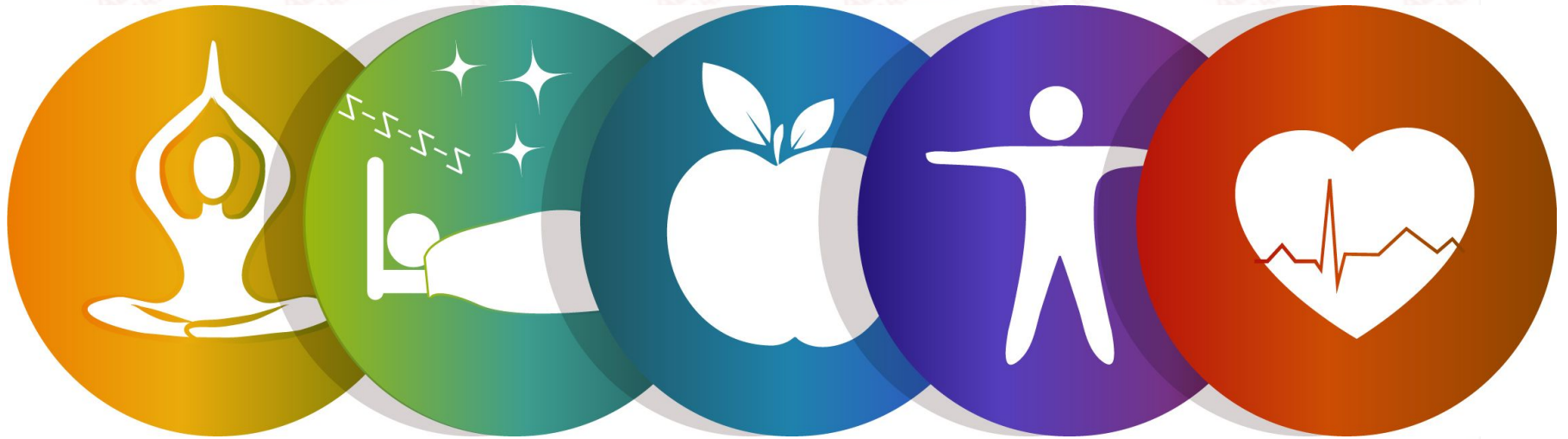


# Health



# Introduction

Health is defined as a state of being physically, mentally and socially fit. It is not just the absence of disease but it tells us about a person's condition. A balanced diet, exercise and discipline are the key to maintain one's health.



# Role- play

## Claire and her mother

Mom, today, in class, I learnt something interesting about health.

Oh is it?  
What did you learn?

Our teacher told us about benefits of healthy eating. Is it really true mom?

Of course,  
healthy eating  
does a lot more  
than that.

