

Live Healthy

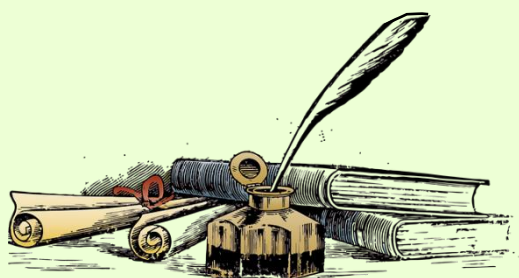
A Healthy Mind in a Healthy Body

מדינת ישראל
משרד החינוך
המחוז החרדי

What the Rambam Says about Keeping Healthy

The Rambam says in Hilchot De'ot, chapter 4:

- A person should never eat if he is not hungry.
- A person must not eat what is bad for the body.
- A person must do what is healthy and helps the body become stronger.
- A person should not eat too much. A person should stop eating before his stomach¹ is full.
- If a person exercises and stops eating before his stomach¹ is full, he will not be sick and he will become strong.
- A person who does not exercise, even if he eats healthy foods he will be in pain and will lose his strength².
- Eating too much is like poison³ to the body even if it is healthy foods.



¹ stomach = בטן

² strength = כח

³ poison = רעל

A. Tick ☒.

- ☐ We should eat only when we are hungry.
- ☐ We should eat only what is good for the body.
- ☐ We must eat food that helps the body become stronger.
- ☐ Eating too much is bad for the body.
- ☐ We should eat until the stomach is full.
- ☐ It is important to exercise.
- ☐ We should eat **a lot of** healthy food.

B. Answer the questions.

1. When shouldn't we eat?

2. What shouldn't we eat?

3. When should we stop eating?

4. Why should we exercise?

5. Why shouldn't we eat too much?

Note:



Pages 4-5 are level 1. They are based on Band 1 Core 1 & 2.



Pages 6-7 are level 2. They are based on Band 1 & Band 2.



Tips for a Healthy Life

Read the following tips. Which of these tips have you heard before?

What should you do?

[1] You should sleep 8-12 hours a day.

[2] You should exercise* every day.

[3] You should eat slowly.

[4] You shouldn't eat if you are not hungry.

[5] You shouldn't eat between meals.

[6] You shouldn't eat a heavy meal late in the evening.

[7] You shouldn't put too much food on your plate.

What should you eat?

[8] You should drink water instead of* drinks with sugar.

[9] You should eat fruit and vegetables every day.

[10] You should eat five different colors of vegetables.

[11] You should eat whole grain* bread or brown rice.

[12] You shouldn't drink too much coffee.

[13] You should eat a lot of vegetables.

[14] You shouldn't eat a lot of chocolate or candies/sweets.

[15] You shouldn't eat a lot of red meat.

[16] You shouldn't eat a lot of pizza, cakes, or cookies.

[17] You should eat fish, chicken, eggs, beans* and soy*.

[18] You shouldn't eat a lot of white rice.

*healthy = בריא
*beans = קטניות

*exercise = להתעמל
*soy = סויה

*instead of = במקום
*whole grain = חיטה מלאה

A. Read the tips for a healthy life. Which tips are in the picture?

Tips # _____



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B. Which tip(s) do you already follow?

Tip(s) # _____

C. Which tip(s) would you like to start following?

Tip(s) # _____



Tips for a Healthy Life

Read the following tips. Which of these tips have you heard before?

What should you do?

[1] You should sleep 8-12 hours a day.

[2] You should stay active* and exercise for at least 30 minutes a day.

[3] You should eat slowly.

[4] You shouldn't eat if you are not hungry.

[5] You shouldn't eat between meals.

[6] You shouldn't eat a heavy meal late in the evening.

[7] You shouldn't put too much food on your plate.

What should you eat?

[8] You shouldn't eat a lot of junk food – foods that contain white flour*, unhealthy fats, added sugars, or foods that are high in salt.

[9] You should eat vegetables from five different color groups.

[10] You should eat a variety of fruit and vegetables.

[11] You should drink water instead of sugary drinks.

[12] You shouldn't drink juices with added sugar.

[13] You shouldn't drink too much coffee.

[14] You should eat healthy proteins*: fish, chicken, eggs, beans* and soy*.

[15] You shouldn't eat a lot of red meat.

[16] You should eat whole grain* bread or brown rice.

[17] You should eat healthy fats and oils like avocado and olive* oil.

[18] You shouldn't eat unhealthy fats like margarine*.

[19] You shouldn't eat a lot of pizza, cakes or cookies.

[20] You shouldn't eat a lot of salty snacks or candies/sweets.

A. Read the tips for a healthy life. Which tips are in the picture?

Tips # _____



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B. Which tip(s) do you already follow?

Tip(s) # _____

C. Which tip(s) would you like to start following?

Tip(s) # _____

Answer Key

Page 2

A. Tick ☒.

- ☒ We should eat only when we are hungry.
- ☒ We should eat only what is good for the body.
- ☒ We must eat food that helps the body become stronger.
- ☒ Eating too much is bad for the body.
- ☐ We should eat until the stomach is full.
- ☒ It is important to exercise.
- ☐ We should eat **a lot of** healthy food.

B. Answer the questions.

1. When shouldn't we eat?

Only when we are hungry.

2. What shouldn't we eat?

What is bad for the body; Food that is bad for the body; Too much food.

3. When should we stop eating?

Before the stomach is full.

4. Why should we exercise?

We will not be sick; We will become strong; We will not be in pain; We will not lose our strength.

5. Why shouldn't we eat too much?

It is like poison; It is bad for the body.

Page 5/7

A. Read the tips for a healthy life. Which tips are in the picture?

Page 5 [Level 1]: Tips # 2, 8, 9, 11, 17

Page 7 [Level 2]: Tips # 2, 11, 14, 16, 17