



HEALTHY ME

Vocabulary

Exercise: moving parts of the body to become stronger and healthier

Healthy: feeling well and happy

Hygiene: the things we do to keep our body clean and help stop the spread of germs

Germ: tiny living things we cannot see with our eyes. They can live on our bodies, and can cause disease

Key Words

calm / calves / cough / exercise / feed / fitness / food / fruit / germs / happiness / health / healthy / hygiene / hygienic / muscle / needs / sneeze / stomach / thighs / vegetables

There are usually 10 segments inside an orange.
Is that true? How could you find out?

We are learning to:

- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.
- Identify and compare the suitability of a variety of everyday materials, including wood, metal, plastic, glass, brick, rock, paper and cardboard for particular uses.

WORKING SCIENTIFICALLY

- Observe closely.
- Perform simple tests. To identify and classify.
- Use observations and ideas to suggest answers to questions.
- Gather and record data in answering questions.

STAYING ALIVE

- The three basic needs for an animal to survive are food, air and water.

OVERVIEW

- All animals, including humans, have the basic needs of feeding, drinking and breathing that must be satisfied in order to survive. To grow into healthy adults, they also need the right amounts and types of food and exercise.
- Good hygiene is also important in preventing infections/illnesses.

PRIOR LEARNING

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense. (Y1 - Animals, including humans)

LET'S THINK LIKE SCIENTISTS

- If we ate hamburgers all the time would that be good for us? Why?
- What kind of foods do you think are good for us?
- What do you think would happen if you never did any exercise?



AIR



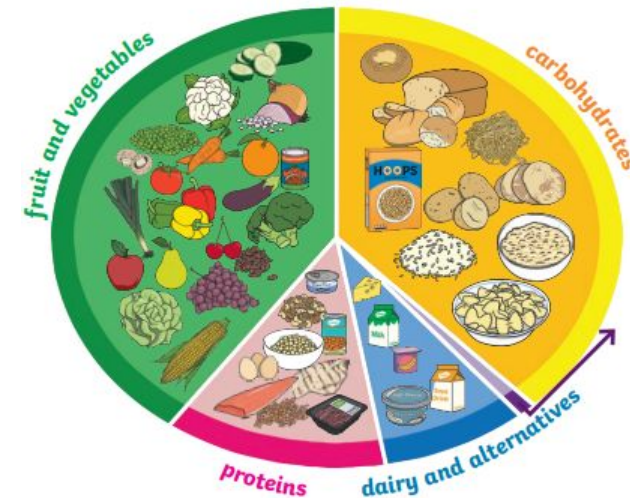
Water



Food



Eatwell Guide



Smiles are catching – if we see someone smiling, it makes us smile

Smiling can make you feel happy

