

What should I already know?

- I can identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.

Vocabulary

exercise	When you exercise you move your body energetically in order to get fit and to stay
heartbeat	The noise made by your heart as it pumps blood around the body.
breathing	Taking oxygen into the body and letting out carbon dioxide.
hygiene	Keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of disease.
germs	Tiny living things that cause disease.
disease	An illness that affects people, animals or plants.
food types	A way of sorting foods that are similar or do similar things for our bodies.

Staying Healthy

Exercise

- Humans need to exercise. It builds our muscles and helps to pump blood around our body. Regular exercise makes us stronger and faster.
- Exercise also helps to keep our weight down. When we are too heavy and have too much fat, it is much harder to move and puts a strain on our bodies.
- Children aged between 5 and 16 need to be active for 60 minutes each day.

Eating a Balanced Diet

- It is also important that humans eat a balanced diet with all of the right nutrients—this helps us to be bigger, stronger and healthier!
- Eating a balanced diet includes having fruit and vegetables, starchy foods such as bread and pasta, meat and fish and foods containing fat.
- It is important to drink 6-8 cups of water each day.

Hygiene

- It is important to be hygienic. This includes regularly washing our hair and bodies, washing hands before eating and brushing our teeth.
- Being hygienic stops the spread of germs which can cause diseases.
- Germs can spread easily from one person to another.

**Carbohydrates**

These are important for giving us energy. Whole grains in pasta and bread are best as well as brown rice and potatoes.

Fruit and Vegetables

These are good sources of vitamins, minerals and fibre. You need to eat 5 portions a day.

**Oils and Spreads**

Only use a small amount of these to stay healthy.

Proteins

These are important for helping us to grow and build muscles.

Dairy

These are a good source of calcium to help give us strong bones and teeth.