

Learning together, aiming for excellence.

Key Vocabulary	
diet	The food and water that an animal needs.
disease	Illness or sickness.
exercise	A physical activity to keep your body fit.
germs	Tiny living things that can cause disease.
hygiene	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
nutrition	Food needed to live.
pulse	The beating of the heart that can be felt in your neck and wrist.

Golden nuggets you MUST know

To stay alive, all animals have three basic needs for survival:

air



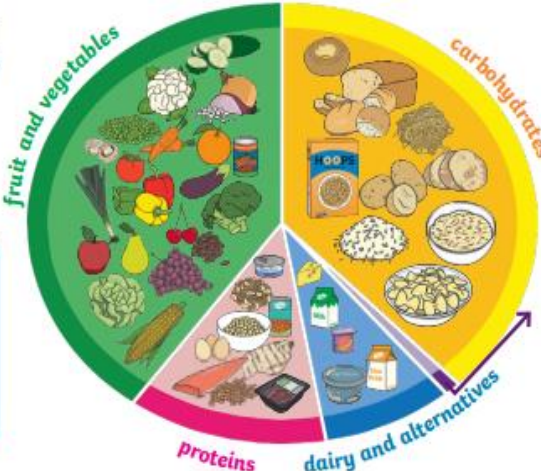
water




food



To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



Eatwell Guide




6-8 a day


Water, lower fat milk and sugar-free drinks.

oil and spreads

Choose unsaturated oils and use in small amounts.




Eat less often and in small amounts.



Being active and **exercising** keeps our bodies and minds healthy.



To stop germs from spreading, it is important to be **hygienic**.



Websites:

<https://www.bbc.co.uk/bitesize/topics/z9yycdm/articles/zxvkd2p>

<https://www.youtube.com/watch?v=sQN8HWI6Svk>

<https://www.bbc.co.uk/bitesize/topics/z6882hv/articles/zx38wmn>

<https://www.bbc.co.uk/teach/class-clips-video/science-ks1-keeping-my-body-healthy/zk4dwtv>