

Take Care!

I should already know: -

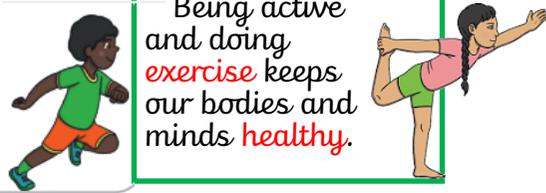
- > That all animals have 3 basic needs to survive: Air, Water and Food .
- > That our heart is a very important muscle in our body and we should eat healthy foods to keep our heart healthy. .



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

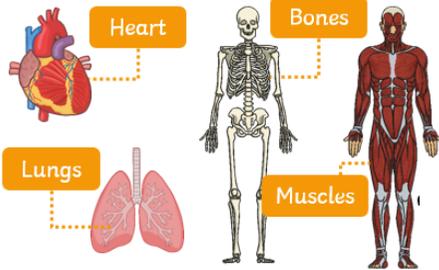


Water, low fat milk and sugar-free drinks.



Being active and doing **exercise** keeps our bodies and minds **healthy**.

Being active helps all these parts of our body to stay healthy.



It is important to stay **hygienic** to stop **germs** spreading and prevent us from getting sick.



Wash hands



Plenty of sleep



Brush teeth twice a day



Wash our body and hair



Change underwear

Eat-well Plate



Key vocabulary:

Healthy - caring for your body so that you stay well and not get sick.

diet - the food or water an animal needs.

exercise - a physical activity to keep your body fit.

germs - tiny living things that can cause illness.

hygiene - how we keep ourselves clean so we can stay healthy and stop spreading germs.

vitamins - nutrients (good things) found in food that help us grow and stay healthy.



Eat smaller amounts, less often