

What should I already know?

- Humans are part of the animal kingdom.
- We grow and change as we get older.


Key Vocabulary

Basic Needs	The things you need most to stay alive
Change	When something doesn't stay the same
Diet	The things that we eat.
Exercise	When we move our bodies to keep fit and healthy
Germs	Things that make you poorly.
Grow	When something gets bigger.
Healthy	When something or someone is fit and well.
Hygiene	Keeping things clean and free of germs.
Medicine	Things from the doctor or chemist to make you better.
Survive	To stay alive.

Healthy Eating

THE EATWELL PLATE

A guide to the right balance of the five main food groups



- Fruit & Veg
- Protein
- Sugars & Fats

Useful weather symbols

Useful information

You should brush your teeth twice a day and visit the dentist every six months for a check up.



Fun Facts

- Kale is thought to be the healthiest food in the world.
- The most common pet is the dog.