



Key Vocabulary

exercise	A physical activity to keep yourself fit
disease	When someone has an illness or sickness
hygiene	How we keep ourselves and the world around us clean to avoid spreading germs
nutrition	The food needed to live
pulse	The beating of the heart that can be felt in your neck and wrist
diet	The food and water a human needs

Key Facts

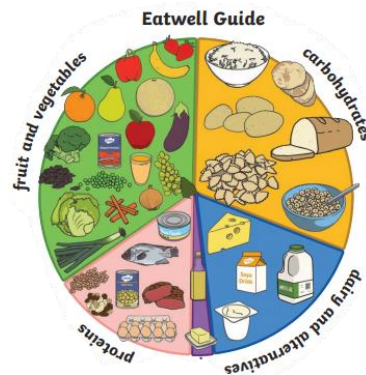
- We can stay healthy by making sure we exercise regularly, and we eat a good range of foods such as fruits and vegetables.
- A healthy diet has a mix of different foods, we can't be healthy by only eating the same thing!
- Being healthy is important because it will mean that we won't get sick as often and our body can function as it needs to.
- We can also stay healthy by showing good hygiene like brushing our teeth and washing our hands.

Key Questions

- How can we stay healthy?
- How do we know that a diet is healthy?
- Why do we need to stay healthy?
- Does everyone need the same nutrition?
- Will everyone's diets always be the same?
- Why is being healthy important?

Links to other Learning

- Year 1 - Animals including humans
*Identify and name common animals.
Identify basic parts of the human body.*
- Year 3 - Animals including humans
Identify that animals including humans need the right amount of nutrition to survive
- Design and Technology - Cooking and nutrition
- PE - Physical health and fitness



We need to make sure we eat different foods to stay healthy.

Washing our hands can help us to stay healthy and stop us passing on germs.



Famous Scientist

Louis Pasteur
1822-1895

Louis Pasteur was a French chemist and is best known for research surrounding how germs move around. He also researched diseases and created the first vaccines.

