

What should I already know?

- That I need food everyday.
- That I like some things and not others.
- That I need to drink regularly.

Key Knowledge

- To understand what my body needs to stay healthy.
- To talk about foods I like and dislike.
- To understand why different foods and drink are important for my body.
- To know what exercise is and why it is good for me.
- To understand why sleep is important.
- To name some choices which can help me live healthily.

Key Vocabulary and Definitions

Healthy	In good physical condition.
Unhealthy	Not good for health or not having good health.
Like	To enjoy something.
Dislike	To not enjoy something.
Active	Doing something that moves your body.
Rest	To stop moving to relax or sleep and let your body get strong.

