

What should I already know?

- Know that we need to wash our hands regularly.
- Know the names of parts of the human body including teeth.
- Know that exercise can make us feel good.

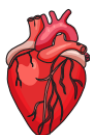
Key Knowledge

- Exercise improves our **physical health**.
- Exercise improves our **mental health**.
- **Exercising** everyday makes your **heart** stronger.
- A **healthy diet** includes fruit, vegetables and other healthy food.
- An **unhealthy diet** is a diet that is high in fat, sugar or salt.
- It is important to eat the right amounts of different types of food.
- **Germs** can make you unwell.
- **Germs** can spread easily by unwashed hands.
- You should wash your hands, sneeze into a tissue and have regular baths or showers.
- You should brush your **teeth** twice a day with a toothbrush, toothpaste and water.
- **Plaque** can build on your teeth and can damage your teeth and gums.

Key Vocabulary and definitions

Heart	The muscle inside the chest, which pumps blood around the body.
Exercise	Physical activity that makes the body strong and healthy.
Physical health	How well a person's body is working.
Mental health	How a person is feeling inside their mind.
Healthy diet	A diet that includes fruit, vegetables and other healthy food.
Unhealthy diet	A diet that is high in fat, sugar or salt.
Hygiene	Keeping yourself and your surroundings clean.
Germs	Living things that are too small to be seen by a human eye.
Doctor	A person who looks after people when they are unwell.
Teeth	The hard structures in the mouth used to bite and chew through food.
Plaque	A sticky coating made by germs that can harm the teeth and gums.

Heart



Exercise



Healthy diet



Germs



Hygiene



Brush your teeth



Plaque

