

Healthy Me

Vocabulary

Exercise	moving parts of the body to become stronger and healthier
Healthy	feeling well and happy
Hygiene	the things we do to keep our body clean and help stop the spread of germs
Germ	tiny living things we cannot see with our eyes. They can live on our bodies, and can cause disease
Balanced diet	a diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.

Key knowledge

I know what I can do to be safe and happy. (Social and Emotional Health)

I know that exercise is good for me. (Physical Health)

I know what kind of foods help me to stay healthy. (Physical Health)

I know that personal hygiene is important to keep me healthy. (Personal Hygiene)

Key knowledge

