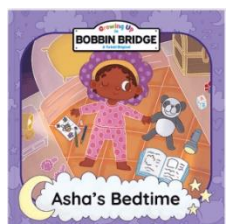
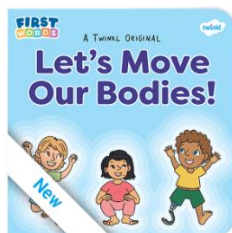


Books to help
me learn even
more.



Looking after our bodies

It is so important to look after our bodies so that we can grow up to be fit and healthy.

We need to look after our body and our mind too.

As we get older, we need to be able to look after our bodies and teeth by ourselves.

Key questions

- Why is it so important to brush our teeth?
- How else can we look after our teeth?
- How can we look after our bodies?
- What do we need to do to stay healthy?
- Why do we need to eat fruit and vegetables?
- When should we wash our hands? Why?

FS1



My Body



Key Vocabulary

teeth	Used for biting and chewing
clean	Free from dirt, marks or stains
dentist	Someone who looks at our teeth to make sure they are healthy
toothbrush	A tool used to clean teeth
toothpaste	A substance used to clean teeth
exercise	Activity that needs physical effort to improve health
habit	A regular tendency or practice
active	Engaging in physically
fit	In good health
fruit	A sweet product from a tree
vegetables	A plant or part of a plant used as food
healthy	In a good physical or mental condition
bodies	The physical structure of a person or animal
germs	A microorganism that causes disease
handwashing	The practice of washing hands to make them clean

End point

To know how to look after our bodies independently.