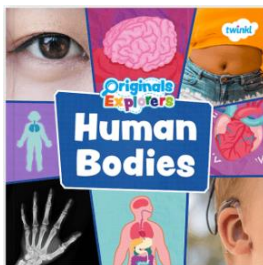
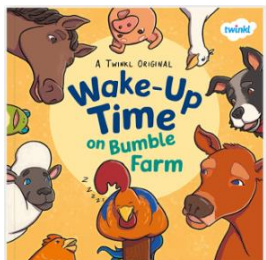


Books to help me learn even more.



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 can do this by making sure we exercise, clean our teeth regularly and get plenty of sleep.

We need to start being able to look after our bodies all by ourselves and build healthy habits into our daily routines.

Key questions

- What does 'healthy' mean?
- Can you name some healthy habits?
- What are the main food groups?
- Are there any foods that we shouldn't include in our diet? Why?
- What can we do to keep our teeth healthy?

FS2



My Body



End point

To know what 'healthy habits' we should have to look after ourselves and our bodies.

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
balance	An even distribution of something
screen time	How much time we spend on electronic devices
sleep	Resting at night