

What we already know:

I can name, draw and label basic parts of the human body.
 I can name the 5 senses.
 I can say which part of the body is associated with which sense.

What's next?

Pupils will learn about the importance of nutrition and will be introduced to the main body parts associated with the skeleton and muscles, finding out how different parts of the body have special functions.

Food

Humans need a varied diet to be healthy. Varied means lots of different types of food.

We should eat lots of:

Fruit, vegetables, rice, pasta, meat, milk, cheese, bread
 5 portions of fruit and vegetables a day
 Drink water and milk



There are foods we should eat in smaller amounts
 Chocolate, pizza, chips, butter, cream, sweets, cakes, crisps
 Less sugary drinks like milkshake, coke, cordial, lemonade.

By making healthy choices my body will get enough energy. When I eat very healthy food, I feel happier and healthy.

Hygiene

Hygiene means to keep yourself clean. Our bodies - skin, hair and teeth can become dirty.

Our hair needs to be washed with shampoo or it becomes greasy and smelly.

Our hands need to be washed in warm water and soap.

Our teeth need to be cleaned or they will hurt and become rotten. We should brush our teeth twice a day with a toothbrush, water and toothpaste.



Humans wear clothes to keep them warm. Clothes can get dirty and need to be washed so they smell fresh.

We should change our socks and underwear everyday as these clothes get dirty very quickly.

Exercise

Exercise is important for humans to keep healthy. Exercise makes our bodies strong.

Exercise makes our heart stronger.

My heart makes a thumping feeling in my chest.



I have muscles in my body. After a lot of exercise, they can be achy and sore. Exercise makes my muscles stronger so I can run faster, lift more and play more.

Exercise makes our body breathe quicker. More oxygen in our bodies makes us healthier and helps us to feel brighter.

We should try to be active and out of breath every day.



Vocab

Tier One

Body
 Head
 Heart
 Fruit
 Vegetables

Tier Two

Heartbeat	Contraction and relaxation of the hearts muscles.
Exercise	Activity needing physical effort.
Germ	Tiny living things that can cause disease.
Food types	The main group of foods we eat
Muscles	Muscles control all movement in the body.

Tier Three

Hygiene
 Disease