



Science : Healthy Me

What are we building on...?

Knowledge of the animals including humans.:

- Identify , draw and label the basic parts of the human body.
- Understand the importance of exercise and a healthy diet.

To stay alive, all animals have 3 basic needs:



What should we know?,

- The basic needs of humans and animals.
- The importance for humans of getting exercise .
- The importance of humans eating the right amounts of different types of foods.
- Be able to sort and classify food into different groups and explain why each group is good for you.

Vocabulary

Adult	A plant or animal that is fully grown.
Nutrition	Getting food necessary for survival.
Diet	The food that you eat.
Hygiene	What we do to keep clean and healthy
Disease	An illness that makes you unwell.
Protein	A type of food that helps your body to repair such as meat , beans and pulses.
Carbohydrates	A type of food that gives us energy such as bread , cereal and
Fat and sugars	Type of food that gives you energy but we must eat in small amounts such as oil , butter , sweets and chocolate.
Dairy	Types of food that give you calcium which is good for your bone and your teeth such as milk and cheese.
Fruit and vegetables	Food that gives you fibre and vitamins which help to keep you fit and healthy.
Heart Rate	The number of times the heart beats in a minute.

Good hygiene:



Exercise

There are lots of different types of exercise that we can do. How many of these have you tried?

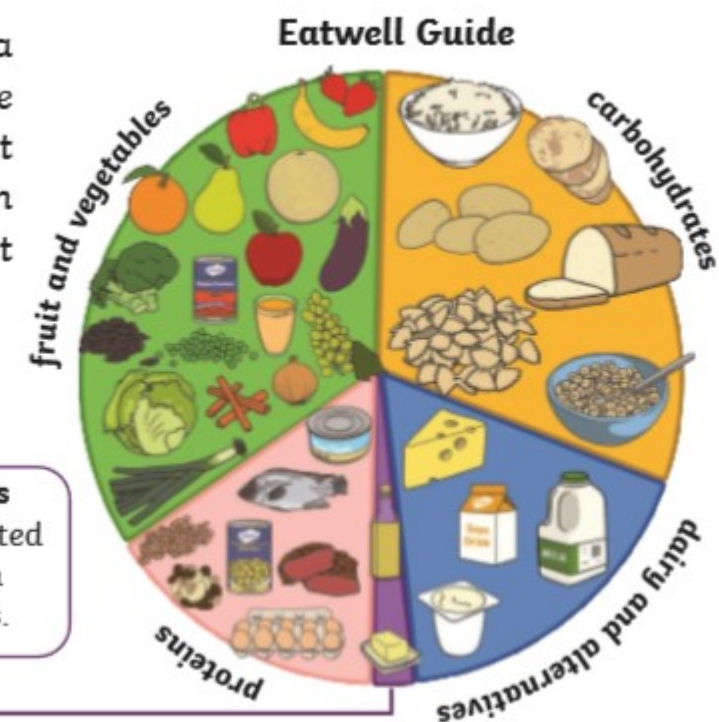
walking	netball	gymnastics	swimming
rugby	ice skating	skipping	rowing
hockey	skateboarding	hiking	tennis
running	basketball	dancing	athletics
trampolining	football	push-ups	bowling

How does exercise affect our bodies?

When we exercise, our muscles need more energy to make them work harder.

- We breathe faster to get more oxygen into our body.
- Our heart beats faster so that the blood moves around our body quicker.
- We sweat to cool our bodies down.

To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



oils and spreads
Choose unsaturated oils and use in small amounts.

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

6-8 a day

Eat less often and in small amounts.

