

Key Knowledge

Exercise

When we exercise, our body changes.

- Our heart rate gets faster.
- Our breathing is faster.
- Our cheeks get red and warm.

Our heart needs to pump the blood and the **oxygen** in it around the body faster as we use more **energy**.

Hygiene

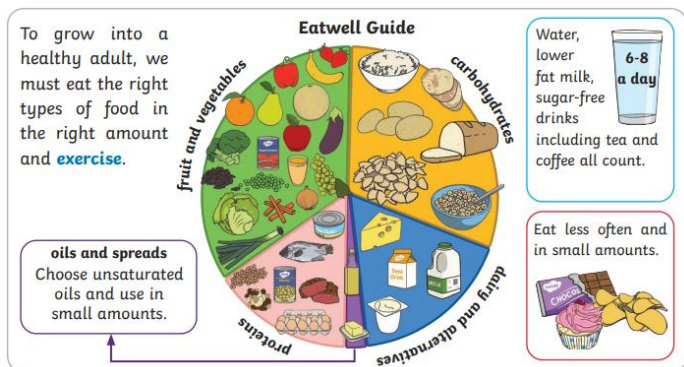
To stop illness and infection spreading, we must:

- Wash our hands regularly for 20 seconds.
- Always wash our hands after we have been to the toilet and before eating.
- Catch it, bin it, kill it when we sneeze or cough.

To keep our teeth clean, we should brush our teeth twice a day for 2 minutes.

A Balanced Diet

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



Key Vocabulary

Spelling

Definition

★ fruit	Grows on a plant, can be eaten as food and has seeds.
★ vegetables	A plant or part of a plant that can be eaten.
★ diet	The food and water that an animal or a human needs.
★ energy	The power needed to carry out a task.
★ germs	Bugs that cause disease and illness.
★ healthy	To stay well and be free from illness.
★ sugary	Describes something that contains lots of sugar.
★ heartbeat	Your heart pumps the blood around the body. Each time it does this is called a heartbeat.
★ hygiene	How clean something is. (To stay healthy and stops disease and illness spreading.)
★ oxygen	All animals and humans need oxygen from the air to survive.

What do we already know?

EYFS	All About Me	We learnt that it is important to eat lots of fruit and vegetables , drink plenty of water and only have less healthy foods as a treat. We learnt how important exercise is to keep our bodies healthy and why it is important to regularly wash our hands and brush our teeth twice a day.
------	--------------	---

