

Key questions to talk about:

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

Enquiry Question

Can I explain the importance for humans of exercise, eating the right amounts of different types of food, and hygiene?



Carbohydrates

These are important for giving us energy. Whole grains in pasta and bread are best as well as brown rice and potatoes.



Fruit and Vegetables

These are good sources of vitamins, minerals and fibre. You need to eat 5 portions a day.

Proteins

These are important for helping us to grow and

Oils, Spreads and Sweets

Only have a small amount of these to stay healthy.

Dairy

These are a good source of calcium to help give us strong bones and

Vocabulary

Exercise	when you exercise you move your body energetically in order to get fit and to stay
Heartbeat	the noise made by your heart as it pumps blood around the body.
Breathing	taking oxygen into the body and letting out carbon dioxide.
Hygiene	keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of disease.
Germ	tiny living things that cause disease.
Disease	an illness that affects people, animals or plants.
Food types	a way of sorting foods that are similar or do similar things for our bodies.
Healthy	a diet that includes fruit, vegetables and other healthy food
Unhealthy	a diet that is high in fat, sugar or salt

Staying Healthy

Exercise

Humans need to exercise. It builds our muscles and helps to pump blood around our body. Regular exercise makes us stronger and faster.

Exercise also helps to keep our weight down. When we are too heavy and have too much fat, it is much harder to move and puts a strain on our bodies.

Children aged between 5 and 16 need to be active for 60 minutes each day.



Eating a Balanced Diet

It is also important that humans eat a balanced diet with all of the right nutrients— this helps us to be bigger, stronger and healthier!

Eating a balanced diet includes having fruit and vegetables, starchy foods such as bread and pasta, meat and fish and foods containing fat.

It is important to drink 6-8 cups of water each day.

Hygiene

It is important to be hygienic. This includes regularly washing our hair and bodies, washing hands before eating and brushing our teeth.

Being hygienic stops the spread of germs which can cause diseases.

Germs can spread easily from one person to another.

