

Key Vocabulary

	Meaning
oxygen	A colourless, odourless gas.
shelter	A place that gives protection from danger and bad weather.
nutrition	The food necessary for health and growth.
healthy	In a good physical and mental condition.
hygiene	Maintaining health and preventing diseases through cleanliness.
exercise	Activity requiring physical effort to improve health and fitness.
vitamins	Essential for normal growth and nutrition.
germs	Can cause diseases.
strength	Being physically strong.

Basic Needs and hygiene

Daily needs of a human



- Shelter (place to live)
- Food (balanced diet)
- Air (clean)
- Sleep (at least 9 hours for children)
- Water (clean)

Hygiene

- Keeping clean and having a good hygiene routine is important to being healthy.
- Bacteria and other germs are everywhere. They are so small we can't see them.
- Regular hand washing with soap is one of the best ways to remove bacteria and germs.
- It is important to have regular baths or showers and clean your bodies and hair with soap.



Keeping healthy

Exercise

It is important we take daily exercise.
Exercise strengthens the heart and increases the lungs' ability to take in oxygen.
Exercise affects every part of the body in positive ways.



Food Pyramid

Humans need food to survive. However, to stay healthy, it is important we eat enough of the right kinds of food.
We need to eat a balanced diet by eating food from the 5 major food groups.



Fats and Oils
Meat and Fish
Milk, Cheese and Dairy
Fruit and Vegetables
Bread and Cereal

Extending your learning:

1. Make a healthy balanced meal and upload to Seesaw.
2. Keep a food diary for a week and reflect on your food choices.
3. Go to a local park and exercise e.g. run around the park, play football or climb the climbing frame. Feel your pulse and heart before you exercise. How does this change after you have exercised?