


ESSENTIAL HEALTHY BODIES VOCABULARY	
diet	The food and water that an animal needs
disease	Illness or sickness
Eatwell guide	Picture to help show what foods and drinks can be eaten for a balanced diet.
germs	Tiny living things that can cause disease.
hygiene	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
nutrition	Food needed to live.
pulse	The beating of the heart that can be felt in your neck and wrist.
balanced	Having healthy sized portions
exercise	A physical activity to keep your body fit
healthy	Doing things that are good for your body
senses	Smell, taste, touch, see, hear

Food Groups	
Fruit and vegetables	Eat at least 5 portions of a variety of fruit and vegetables a day.
Carbohydrates	Foods such as, potatoes, bread, rice, pasta. These are a good source of energy.
Dairy and alternatives	Examples are milk, cheese, yogurt and soya drinks. They are an important source of calcium.
Oils and spreads	Examples are butter, margarine and olive oil. These are high in energy and
Proteins	Foods such as beans, pulses, fish, eggs and meat. Try to eat at least 2 portions each week.


What do Humans, including animals need to stay alive?

air water food


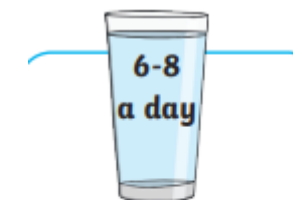
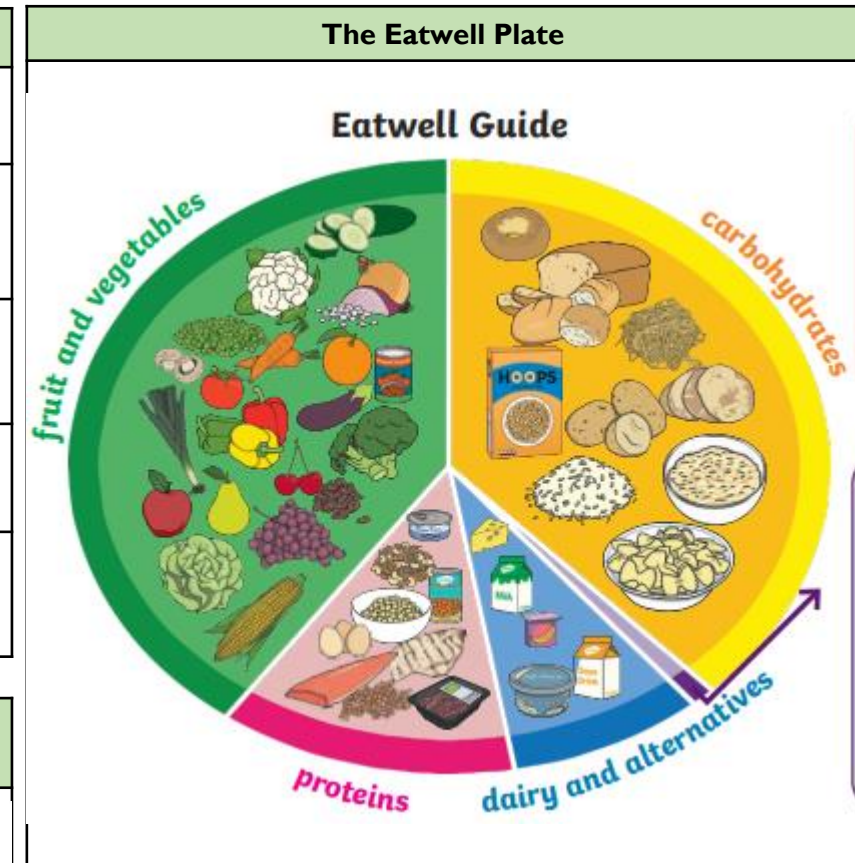


Staying Healthy

To stop germs from spreading, it is important to be **hygienic**.



Being active and **exercising** keeps our bodies and minds healthy.

Water, lower fat milk and sugar-free drinks.

MAKING LINKS TO PREVIOUS LEARNING GOLDEN VOCABULARY	
exercise	We know how to keep our body healthy by doing exercise .
Healthy	To stay healthy we need to eat a balanced diet, using the Eatwell Plate, and have exercise.