

Vocabulary		
1	Diet	The kind of food a person or animal eats.
2	Vitamins	vitamins help us grow as well as to help us battle infections
3	Carbohydrate	Foods such as bread, pasta, and rice. They store and provide energy.
4	Protein	Foods such as eggs, meats, fish and poultry. Protein builds, maintains, and replaces the tissues in your body.
5	Sugar	They are foods such as sweets, chocolates, cakes. They provide energy.
6	Fat	Foods such as oils and butter. They are high in energy.
7	Dairy	Foods such as milk, cheese and yogurt. They build healthy bones.
8	Dehydrate	To lose water, especially from a person's body:
9	Exercise	An activity carried out to keep healthy or improve health.
10	Energy	The ability of something to do work. We get our energy from the food that we eat.
11	Hygiene	Keeping healthy and clean to prevent diseases.
12	Germs	A very small organism that causes disease.
13	Virus	Viruses are the smallest type of microbe and are mostly harmful. Viruses cause colds and flu.
14	Bacteria	Very small organisms that are found everywhere and are the cause of many diseases.
15	Disease	An illness of people, animals, caused by infection or a failure of health.

Human Survival	
Things we need to survive	Things we need to be healthy
- Water - Food - Air - Shelter	- A balanced diet - Exercise regularly. - Be hygienic.

Why is exercise so important?	Eating the right amount of different food
Exercise helps us improve our fitness. Exercise makes your heart happy. it strengthens your muscles. it makes you flexible and it makes you feel good.	 Fruit and vegetables contain vitamins and minerals, which help us to stay healthy. 5-7 a day  Proteins helps our bodies to grow and repair. They are found in meat, fish, eggs, beans and nuts. 2 a day
What is regular exercise?	
Adults	At least 150 minutes per week
Children over 5	At least 60 minutes a day
Children under 5	3 hours of activity a day
	 Carbohydrates give us energy. They are found in wholegrain cereals and breads, potatoes, pasta and rice. 3-5 a day  Fats and oils give us energy and help to keep us warm. They are found in butter, oils and spreads. Small amounts
	 Dairy and alternatives are a good source of energy. They are found in milk, yoghurt and cheese. 3 a day  Foods high in sugar and salt should be eaten less often as they are not needed as part of a healthy diet. They are found in fizzy drinks and chocolate. not every day



CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



Why is hygiene so important?

Hygiene means doing things that keep you clean and stop you from getting ill. Germs are everywhere. Some of them can make us ill.

How can we be hygienic?

Good hygiene helps us to stay healthy:

- Having a bath or shower.
- Washing your face.
- Brushing your teeth.
- Washing your hands.
- Cutting your nails.
- Wearing clean clothes.