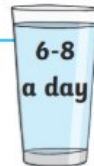


Science - Year 2 - How can I keep myself healthy?

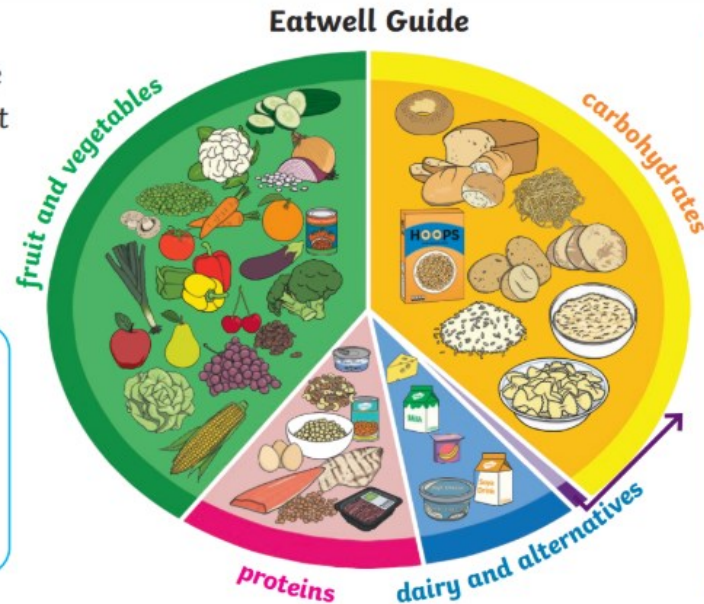
Glossary

Diet	The food and water that an animals
Exercise	A physical activity to keep your body fit.
Germ s	Tiny living things that can cause disease.
Hygiene	How we keep ourselves and the world around us clean so that we can stay healthy and stop germs spreading.
Nutrition	Food needed to live.

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



Water, lower fat milk and sugar-free drinks.



Eat less often and in small amounts.



oil and spreads
Choose unsaturated oils and use in small amounts.



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



3 GOOD HEALTH AND WELL-BEING



SDG LINK

6 CLEAN WATER AND SANITATION



Fit & Healthy Me

To stay alive, all animals have three basic needs for survival:

air



water



food



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



Sticky Knowledge:

- To know that animals need air, water and food to survive.
- To know the importance of a healthy diet.
- To know why it is important to exercise.
- To know the importance of hygiene.