



Key Vocabulary

Hygiene- practice of keeping yourself and surroundings clean.

Exercise- to do physical activities to make or keep your body healthy

Basic needs- shelter, food, clothing, medical care and protection from harm.

Medicine- something (as a pill or liquid) used to prevent, cure, or relieve a disease

How do I keep healthy?

Science Capital

Nursing- regarded as a caring profession but the majority of a nurse's technical responsibilities involve an area of science.

Sports scientists work with sport coaches and doctors to help people improve their health



Simone Biles
Olympic gymnast

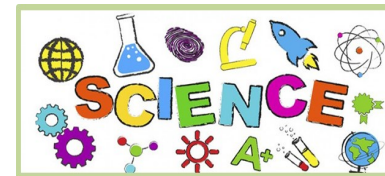


4. Why do I wash?

We have to wash to keep our bodies clean. When we wash we kill off the germs that are on hands and other parts of our body.

1. What do I need to stay alive?

As humans we have three basic needs to survive we need air, food and water.



2. Why should I eat different types of food?

Food is our fuel to keep our bodies moving. Eating a **balanced diet** is important because food is a fuel and keeps our bodies moving. We need to eat a **variety** of foods to stay healthy.

3. Why should I exercise?

To burn the fuel from the food we have eaten. Exercise keeps our bodies and minds fit and healthy. We need to do a range of exercises to keep our hearts and other organs healthy.

5. What do animals need to survive?

How do the needs of a human compare to an animal? How can we look after animals in our local environment?