



Hearts and Lanterns

How do I keep healthy?

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

1. What do I need to stay alive?

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

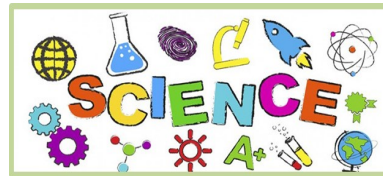
2. How have I changed over the years? (baby, toddler, child, teenager, adult). As you have changed, how have your needs changed?

As we grow older our basic needs change. At the beginning we need someone else to do everything for us but as we get older we can feed ourselves.

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 sports coaches and sports therapists to improve the performance of individuals and teams, work with doctors to help people improve their health through exercise.



3. 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.



Louis Smith—
Olympic gymnast



4. Why should I exercise? To burn the fuel from the food we have eaten. Links to mental health.

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. Why do you 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.