

Term 1 - Science

Healthy Me!



Key Words:

Word	Definition
Healthy	Healthy means something that helps your body to stay well.
Unhealthy	Unhealthy means something that does not help your body.
Feelings	Feelings are what is happening inside your body and mind.
Emotions	Emotions are the names we give to those feelings.
Exercise	Exercise is when we move our bodies to stay healthy.
Safety	Safety means keeping our bodies and minds protected from dangerous things.
Food	Food is something we eat that keeps us alive, gives us energy, helps us grow and be active.

Learning Objectives:

- To understand what it means to make healthy and unhealthy choices.
- To understand that emotions are important for us to be healthy.
- To understand why exercise is important to stay healthy.
- To understand the importance of wearing a helmet.
- To design and make our own egg helmets.
- To understand why it is important for us to eat food.
- To understand which foods are healthy and unhealthy.

Sticky Knowledge:

- Name basic parts of the human body.
- Know the basic needs of animals, including humans.
- Know the importance of exercise, food and hygiene for humans.