

Key Vocabulary

heart	a muscle in your chest that pushes blood around your body
exercise	physical activity that keeps your body fit
physical health	how healthy your body is
mental health	how healthy your mind is
heart rate	a measure of how fast your heart is beating
healthy diet	eating the right amount of different types of food, including fruit and vegetables
unhealthy diet	eating too much of certain types of food, including food that is high in fat, sugar or fried food
meat	animals that can be eaten for food
vegetable	a type of plant that can be grown and eaten as food

fruit	a part of a plant with seeds, sometimes eaten as food
sugar	comes from plants and makes food and drink taste sweet
germ	living things that are too small to be seen with our eyes and can cause us to become ill
hygiene	keeping yourself and the areas around you clean and germ free
disease	a type of illness
doctor	someone who helps sick or injured people
teeth	the bony pieces in your mouth used to chew food
gums	the soft, pink parts of your mouth that teeth are attached to
plaque	a sticky covering that collects on your teeth and gums if they're not cleaned properly

Exercise

Exercise is all about moving your body. It keeps your body strong and is important for your **physical health**.



Exercise also keeps your mind feeling good. It helps your **mental health**.



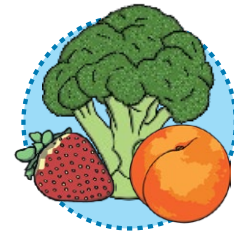
When you **exercise**, your **heart rate** is usually raised.

You should aim to **exercise** regularly in whatever way you like.

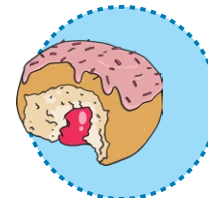


A Healthy Diet

Having a **healthy diet** means eating a balanced variety of foods, such as **fruits**, **vegetables**, bread, pasta and cereals.



This balance looks different for everyone. Everyone has different likes and dislikes and some people may have allergies or choose not to eat some foods.



Foods that are high in **sugar**, salt and some types of fat can still be enjoyed but less often and in smaller amounts.

Hygiene

We need to keep our bodies and our surroundings clean to avoid picking up **germs**, which can cause **diseases** and make us ill.

It's important to wash your hands with soap after using the toilet, before you eat lunch and after playing outside and touching animals or plants.

It is also important to:



wash and brush your hair regularly



catch coughs and sneezes and wash your hands after



have a shower or bath regularly



Teeth

Teeth are used to bite and chew food. They need to be looked after to stay strong.



When children are young, they have smaller teeth, known as milk **teeth**. These fall out as children get older and grow adult **teeth**.

Brushing your **teeth** twice a day for two minutes removes **plaque** and food to keep your **teeth** and **gums** clean and healthy.



You should brush when you wake up and just before you go to bed.



You should also visit your dentist regularly to make sure your teeth are healthy and growing well.