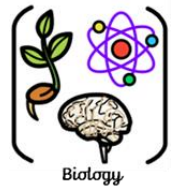







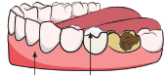


Year 2

Humans



What are we learning?			
Exercise	Food	Hygiene	Teeth

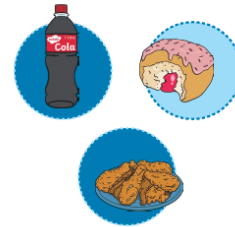
Key vocabulary		
healthy diet	a diet that includes fruit, vegetables and other healthy food.	
unhealthy diet	a diet that is high in fat, sugar or salt.	
meat	animals that are eaten for food	
vegetable	a part of a plant that can be eaten	
fruit	a part of a plant that can be eaten	
sugar	a sweet substance that comes from plants	
plaque	a sticky coating made by germs that can harm the teeth and gums	
filling	a special material that is used to fill a small hole in a tooth	

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