

Happy and healthy

What should I already know?

- Identifying and naming some common fruits and vegetables.

Key Knowledge

We can stay happy and healthy by:

- Eating foods such as fruit and vegetables every day and sometimes eating treats like chocolate.
- Doing some exercise through playing sports or walking, running, skipping.
- When we exercise our body becomes warm or hot. We may feel tired after. It is important to cool your body down after exercise by resting.
- People feel happy after exercising.
- When we are unwell there are people that help to keep us happy and healthy such as doctors, nurses, dentists.

fruit



help



body



vegetables



well



hot



choice



unwell



warm



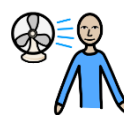
tired



feeling



cool



Key Vocabulary and definitions

healthy	Making choices to keep our body feeling good and well.
everyday	When we do something each day of the week.
sometimes	Not every day but only on some days.
food	Something you can eat such as fruit and vegetables.
exercise	Moving your body.
active	When we exercise regularly like every day.
sport	A type of exercise such as walking, running, football, skipping, yoga, dancing.
doctor	Someone who helps us to feel better when we are unwell.
dentist	Someone who helps to keep our teeth healthy.
More key vocabulary linking to pictures and in bold .	

doctor



dentist



exercise

