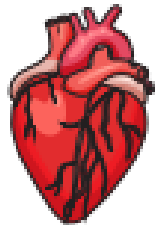


Key vocabulary

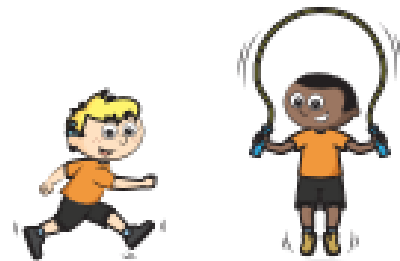
- **Heart** – The muscle inside the chest which pumps blood around the body.



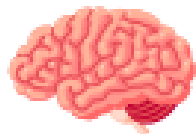
- **Exercise** – Physical activities that make your body strong and healthy.



- **Physical health** – Keeping your body healthy.



- **Mental health** – Keeping your mind healthy.



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 fried food.



- **Meat** – Animals that are eaten for food.



- **Vegetables** – A plant that is used for food.



- **Fruit** – The part of a plant that has seeds and can be eaten as food.

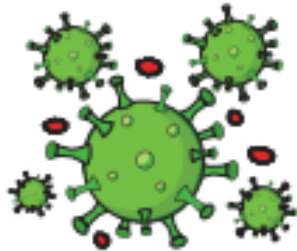


- **Sugar** – A sweet substance that comes from plants.



Key vocabulary

- **Germs** - Tiny living things that can cause illness. They cannot be seen by the human eye.



- **Hygiene** - Keeping yourself and your surroundings clean.



- **Disease** - Illness or sickness.
- **Doctor** - A person who looks after people when they are unwell.



Key vocabulary

- **Teeth** - The hard bone-like structure in the mouth used to bite and chew through food.



- **Plaque** - A sticky coating that covers the teeth and gums if they are not brushed regularly.



- **Filling** - A filling is used to treat a small hole in the tooth.

