



What does it feel like to be healthy?

Word	Definition
Like	Something that you want to eat
Dislike	Something that you do not want to eat
healthy	The option to choice the right things to eat
fruit	Healthy foods that grow on trees and plants.
Vegetables	Healthy foods that come from plants .
exercise	Using our body to do active things



Key Knowledge and Concepts

When I am hungry my tummy rumbles, I feel grumpy, my body feels shaky.



Ways that I can stay healthy are: eating breakfast this morning; brushing their teeth before they come to school; have drinking water at school; going to bed before 8.00 last night; walking to school.

Physical activity makes me and my body feel different – including faster heartbeat, red/hot face and a change in emotions e.g. I feel excited; I feel happy; I feel proud of myself.

Healthy eating is important and I know the reasons why such as: bananas give you energy; a ham sandwich would stop you feeling hungry so you could run for a long time; if you eat pasta you don't feel tired when you go swimming.

Everyone should eat at least five portions of fruit and vegetables every day.

