

Amazing me!

Key Vocabulary

Sight - This is the sense we get from using our eyes to see things.

Smell - Our nose is the body part which means we can smell things. Smells can be good or bad.

Exercise - This is when we move our body for example running, jumping, swimming or playing sports. It is healthy for us.

Healthy - This is the word which means how well and good we feel in our bodies and in our brains. A healthy body makes us feel good.

Baby - A newborn human being.

Grow - This is what we do as we move from being a baby into a child and an adult. Everyone grows.

Bones - These make up the skeleton which holds our body together.

Birth - The time when a baby or young animal is born from its mother or is hatched.

Death - The end of life.

Life cycle - The changes that an animal or plant goes through in its life.

Generation - A group who have been born or are living at the same time.

Exercise - Activity requiring physical effort.

Hygiene - The thing you do to keep your surroundings and you clean and healthy.

Nutrition - Having the right food needed for health and growth.

Portion - The size or amount of food provided at one time.

Balanced Diet - Having different food and drink in equal or similar amounts.

Classification - Sorting into different groups by similarities.

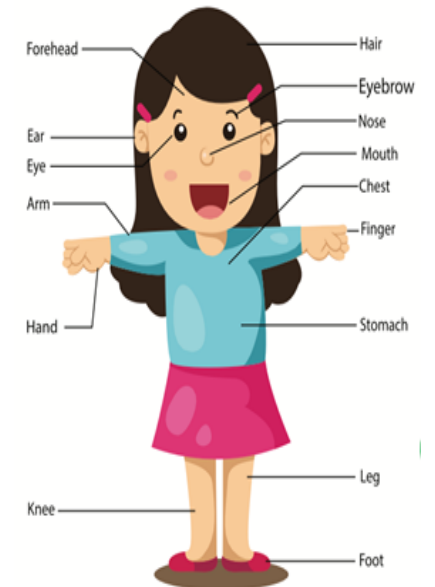
It is recommended that we eat five portions of fruit or vegetables a day.

Good exercise or activity is one that gets your heart beating faster than normal.

Vitamins and minerals are important for your skin, hair and bones.

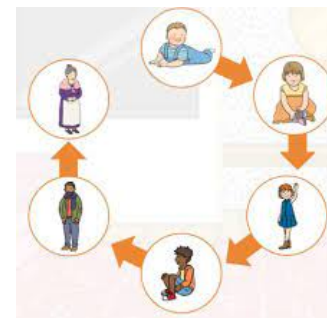
Eating fatty and sugary foods means we are more likely to get ill.

eye		seeing
ear		hearing
mouth		tasting
nose		smelling
skin		feeling



A Balanced Plate

-  Fruit and vegetables
-  Grains, cereals and potatoes
-  Dairy products
-  Meat, fish, nuts and eggs
-  Fats and Sugars



Our life cycle

