


How much Sleep do we need and why?



What should we drink?



How can we keep our teeth healthy?

Why do we need to exercise?

Which foods should we be eating?



Medicines:



Did you know?

How can we keep ourselves healthy?



By _____

LC: to understand what living things need in order to be healthy

- I can explain why we need to do some of these things
- I can name things that humans can do to keep themselves healthy
- I know that there are some things all humans need in order to stay alive

Vocabulary: food water air shelter healthy hygiene alive well dead unwell

1001 Questions: Can you think of things that you do each day to keep yourself healthy – tell a friend what you do.

