

Year 1 and 1/2

Woodpeckers

and Swallows



PSHE

Spring One 2022

What helps us to stay healthy?

Ways to stay healthy

- Good Diet
- Enough Sleep
- Good Hygiene
- Exercise
- Feeling happy and good about yourself

Vocabulary

Diet – the kinds of foods that a person eats

Hygiene – keeping clean

Emotions– our feelings

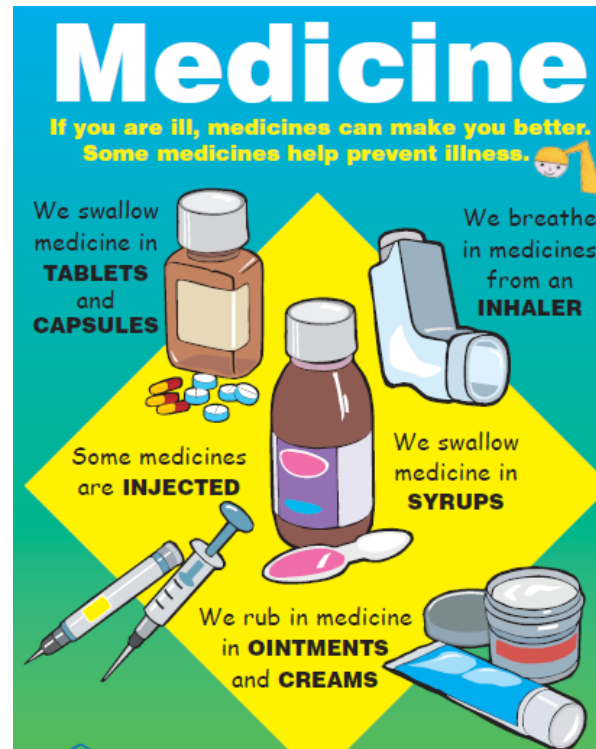
Airborne – in the air

Contact – touch

Obesity – being -overweight

Tooth decay – damaged or bad teeth

Vaccination - a medicine that is put into the body to prevent illness from disease



One

1. Give 3 ways to keep healthy.

2. What is hygiene? Circle One.

Eating healthy food

Keeping Clean

Taking medicine

3. What might happen if we eat lots of unhealthy foods?

*End of Unit: PSHE - What helps us to stay healthy?
One*

Woodpeckers Y1 and Swallows Y1/2 Spring

1. Give 3 ways to keep healthy.

2. What is hygiene? Circle One.

Eating healthy food

Keeping Clean

Taking medicine

3. Give 2 things that might happen if we eat lots of unhealthy foods?