

Let's learn about ...

- healthy food
- exercise
- keeping clean




2 Mime the healthy activities.



3 Complete the maze.
Follow the healthy food
and activities.

Be mindful

 Feel your heartbeat and
tap the heart to count.  010



What foods are healthy?

It's important to eat healthy foods.

- 1  Watch. What food is healthy? Stick.

Healthy			

Not healthy			

- 2 Colour the vegetables.



- 3  What's your favourite fruit? Draw.

Language learning lab



Why do we eat healthy food?

Healthy food is good for your body and your brain. You need water and food to live.

1 Match. Trace the words.

vegetables

fruit



proteins

grains

2 Listen and trace.  011

Healthy food gives
my body energy.



Healthy food gives
my brain energy.



3  Draw and trace the number.

Drink 8 glasses
of water
every day.



8

WOW

People, animals
and plants need
water to live.



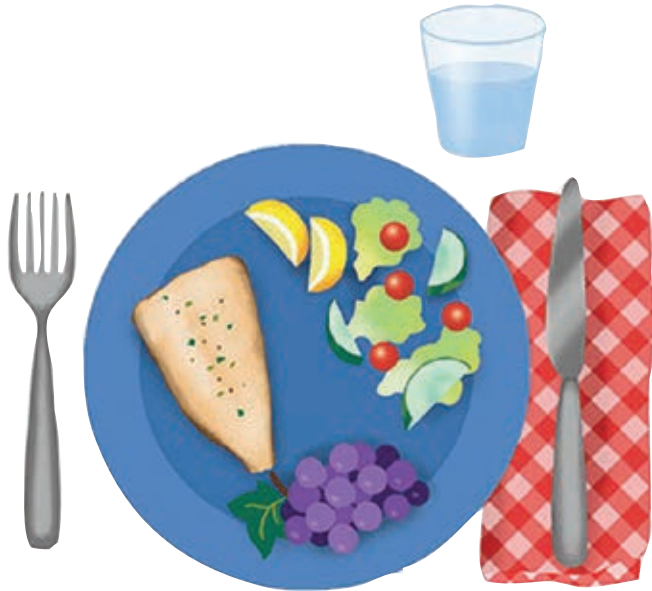
At home

Try a new fruit or vegetable.



Challenge

My healthy meal



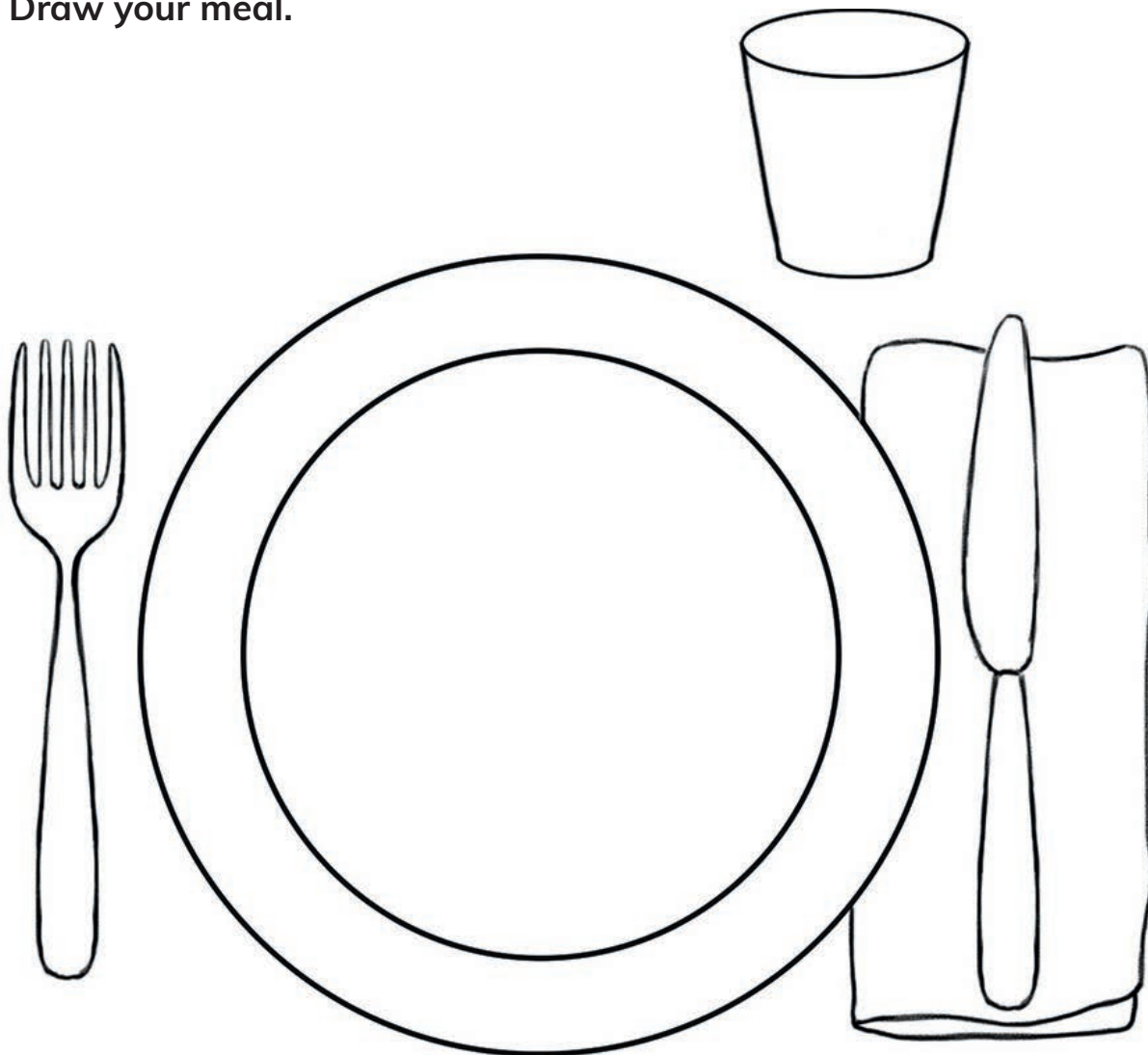
This is my healthy meal. It's got fish, salad and grapes.

Planning

- 1 Choose some healthy food for your meal.



2 Draw your meal.



3 Tell your classmate about your meal.

4 What food have you got? Look and tick ✓.

fruit

proteins

water

grains

vegetables

How do you exercise?

Exercise is good for your body and your brain.

1  Circle the things you do.



run



swim




ride a bike

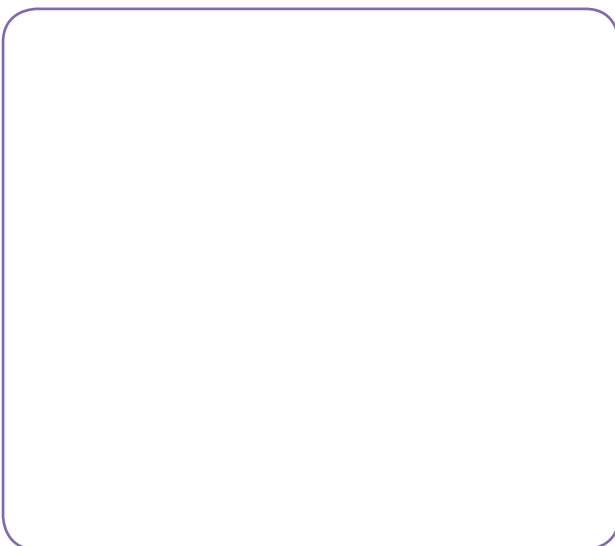


dance



skip

2  Draw your classmate's favourite exercise.



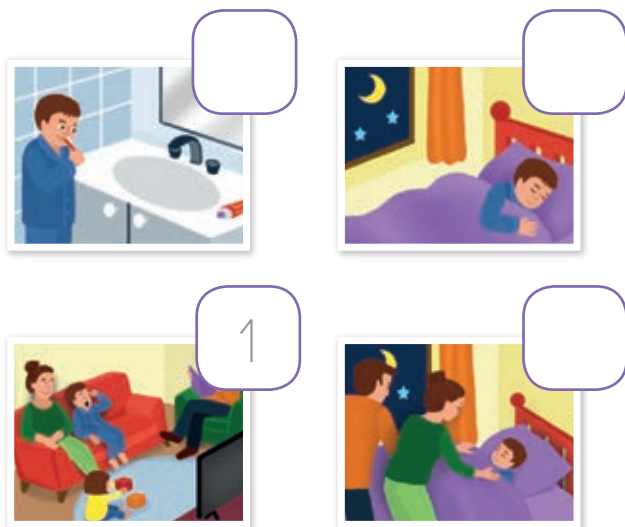
3 Play. Roll a dice. Do the exercise.



Why is sleep important?

Sleep is good for your body and your brain.
Sleep helps you grow.

1 Number the pictures in the correct order.



3 You don't feel sleepy. What can you do? Draw.



2 Why do we sleep? Trace and match.

Sleep helps you ...

grow



learn



play



WOW

It's healthy to sleep for 9-12 hours.



At home

Write a sleep diary for 3 nights.

How can you be clean?

It's important to wash your hands, your body and your teeth.

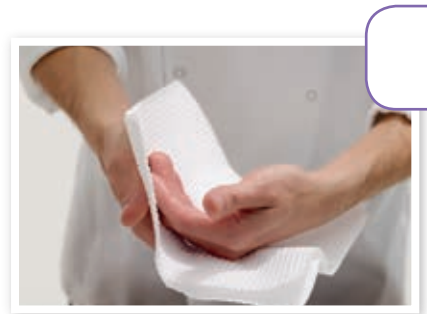
1  Watch. What is personal hygiene? Number in correct order.



wash hands




go to the toilet

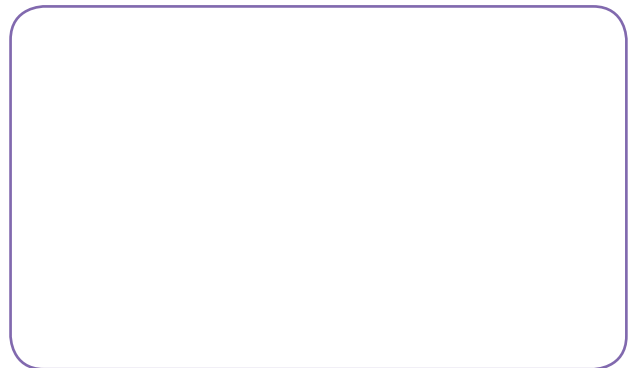


dry hands

2 What can they use? Match.



3  How do you take care of your body? Draw.



CULTURE

This **comb** is 600 years old. It's made of bone. What's your comb made of?



Science lab

Can soap keep your finger clean?

Hypothesis

1 Tick ✓.

Soap can keep my finger clean.



Soap can't keep my finger clean.



Materials

You need ...

a bowl



pepper



soap



water



Step 1 Put water in the bowl.



Step 2 Put pepper in the water.



Step 3 Put soap on your finger.



Step 4 Touch the water with your finger. Look at your finger.

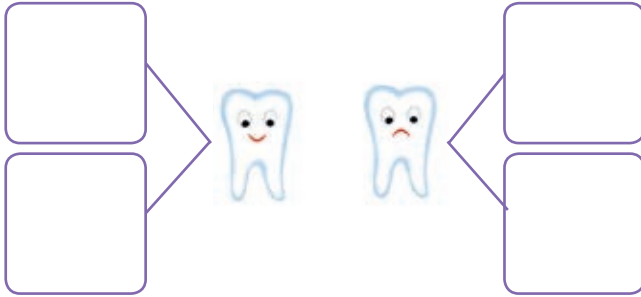


2 Watch. Then complete the worksheet.

What is good for your teeth?

Brush your teeth and eat healthy food.

1 Draw things that are good for your teeth and bad for your teeth.

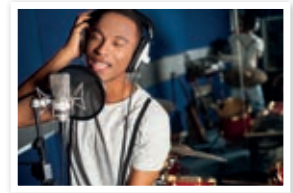


2 Look and circle.

I can clean my teeth with ...



3 Who helps keep your teeth healthy? Look and tick ✓.



4 Match.

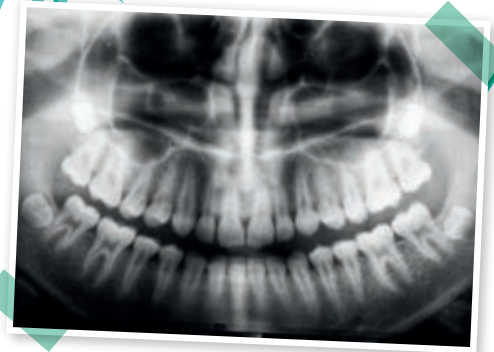
Brush your teeth.

Don't brush your teeth.



WOW

Dentists can take X-rays of your teeth.



How can you keep healthy?

Take care of yourself every day.

1 Sing the song. 012

 **This is the way** 

This is the way
I wash my hands,
wash my hands,
wash my hands.
This is the way
I wash my hands
I am strong and healthy

brush my teeth

go to sleep











WOW

Dirty hands can make you sick.



2 Interview a classmate. Write yes or no.

Me	My friend
 Do you brush your teeth every day? _____	 Do you brush your teeth every day? _____
 Do you drink fizzy drinks every day? _____	 Do you drink fizzy drinks every day? _____
 Do you do exercise every day? _____	 Do you do exercise every day? _____
 Do you drink 8 glasses of water every day? _____	 Do you drink 8 glasses of water every day? _____



At home

Interview somebody in your family.

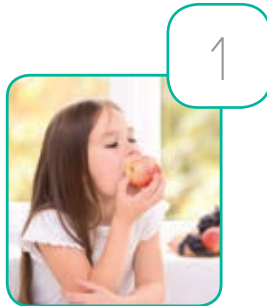


Review

1 Circle the food that is not healthy.



2 Listen and number. 013



3 What do they need? Match.



dentist



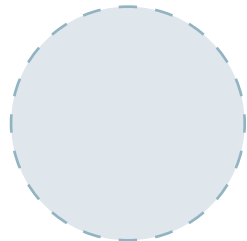
doctor



Reflect

1  Say and stick.

I can ... say healthy or not healthy.



I can ... say the exercises.



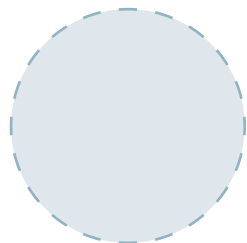
swim



ride a bike



dance



I can ...



wash my hands



brush my teeth



go to sleep

