

# Animals including humans

I can identify how humans can live a healthy lifestyle.

Science

# Health Heroes!

As we grow into adults, there are lots of things we should be doing to help keep our bodies strong and healthy.

Can you think of anything we could do to keep our bodies strong and healthy?



# Thinking Time...

What do you think has happened to the child in this picture?



# Thinking Time...

What do you think has happened to the child in this picture?

sweating

out of breath

breathing heavily



red face

tired muscles

heart beating faster

This child has been exercising.  
What is your favourite type of exercise?  
How does exercising make you feel?



# Exercise

It is important that we exercise regularly. This includes in our free time! Children exercise all the time without realising. Anything that makes your body work is exercise, even walking around the playground at playtime!

## Did you know?

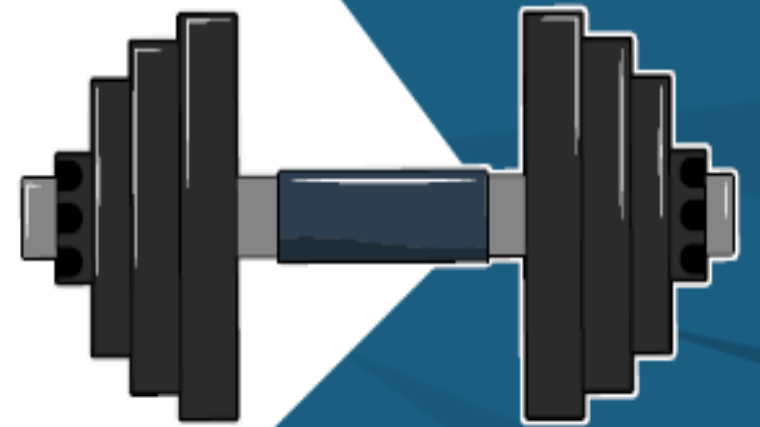
Children should be doing at least 60 minutes of exercise each day!

Is it better for us to spend time riding our bikes or watching TV?  
Why / Why not?



# Why should you exercise?

- We will feel healthier.
- Our heart will be stronger.
- Our lungs will be more efficient as they will expand more when taking in air.
- It can improve illnesses like asthma.
- Our immune system will be stronger, therefore less illness.
- We will be more alert and ready to work.
- Our muscles will be stronger.
- It can help people lose weight if they are overweight
- It helps you sleep better.





# Healthy Diet

Next thing to **keep us healthy** is to ensure we have a healthy diet. Our diet is what **food** we eat to **give us energy**. However, there are lots of foods to choose from and they aren't all healthy. Adults and children need lots of energy to help them keep moving and keep their bodies healthy! Children also need food to help them grow.

What's your favourite food?



# Healthy or Unhealthy?

To be healthy, we need to make sure that we are eating a healthy, **balanced diet**. This means that we should be eating a **variety of foods**. We can still have treats as long as we are not eating them too much or too often. We need to **ensure we are absorbing all the nutrients and vitamins** that our bodies need. There are **5 main food groups**. **Fruit and vegetables, protein, carbohydrates, dairy and fat and sugar.**





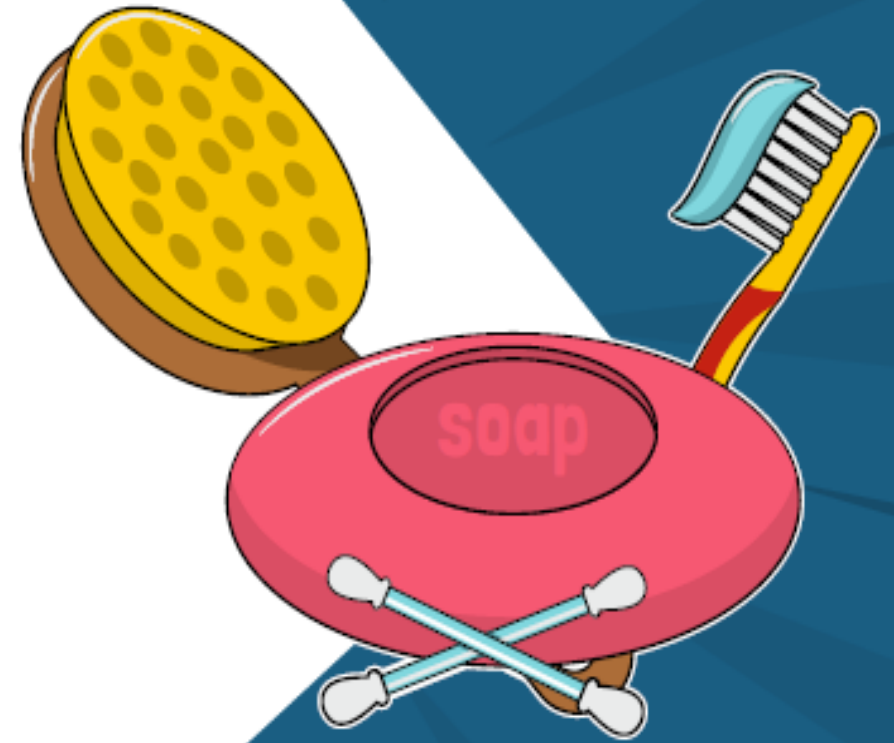
# Personal Hygiene

Another way we can lead a healthy lifestyle is by looking after our bodies.

We need to ensure we have good hygiene.



How can we do this?



# Personal Hygiene

- Have a shower or bath regularly
- Wash our hair regularly
- Brush our teeth twice a day
- Wash our face daily
- Brush our hair
- Change our clothes and underwear
- Wash our hands regularly



Why is it important to have good hygiene?



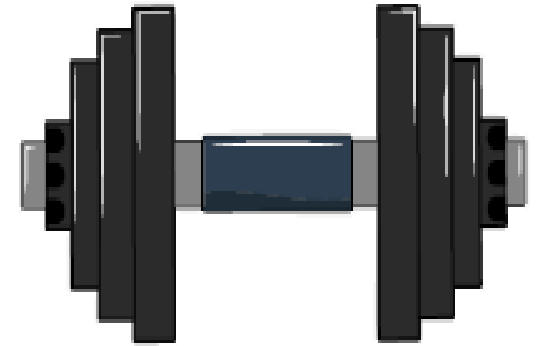
If you continue to keep yourself healthy by:



Keeping ourselves clean



Eating a balanced diet



Being active

you will have a better chance of leading a healthy lifestyle!

# Activity 1

- Using what we have learnt so far, create a poster we could put up around the school to tell people about how we can lead a healthy lifestyle
- You can choose to focus on one of the areas we have discussed (Exercise, healthy eating or personal hygiene) or you could talk about all three
- You can use the poster template if you wish or create your own template

# Activity 2

- We have been learning about what we can do to lead a healthy lifestyle. All of the three factors are very important and need to be done together to make sure we lead a healthy life.
- But which do you think is the most important and why?
- Firstly, you must decide the order of importance of the three aspects of a healthy lifestyle
- Then, write why you think they should be in that order