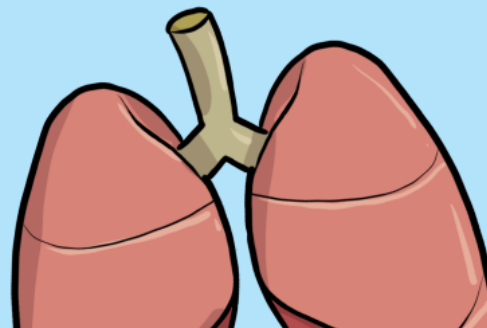
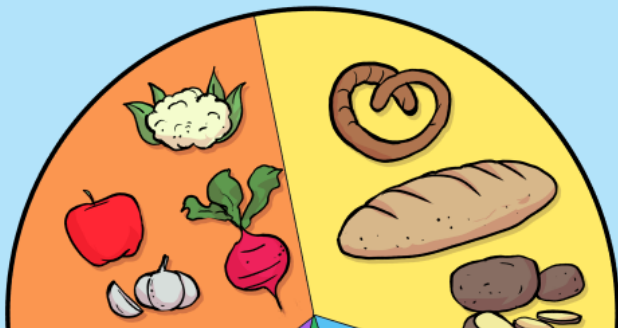
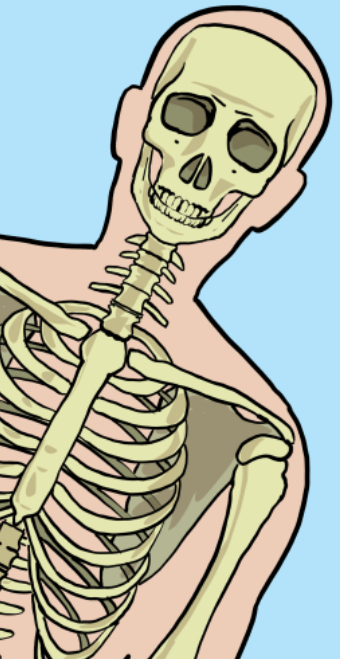
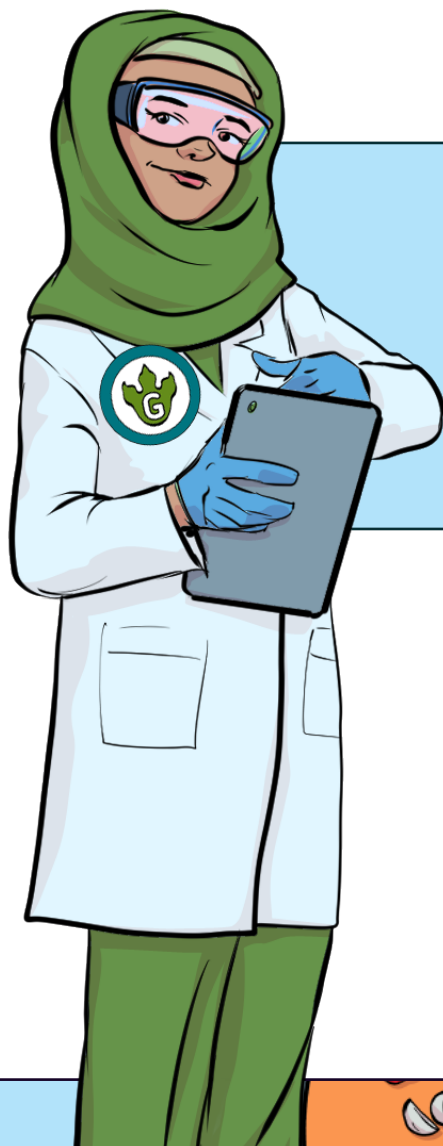


# Animals including humans

**I can identify how humans can live a healthy lifestyle.**

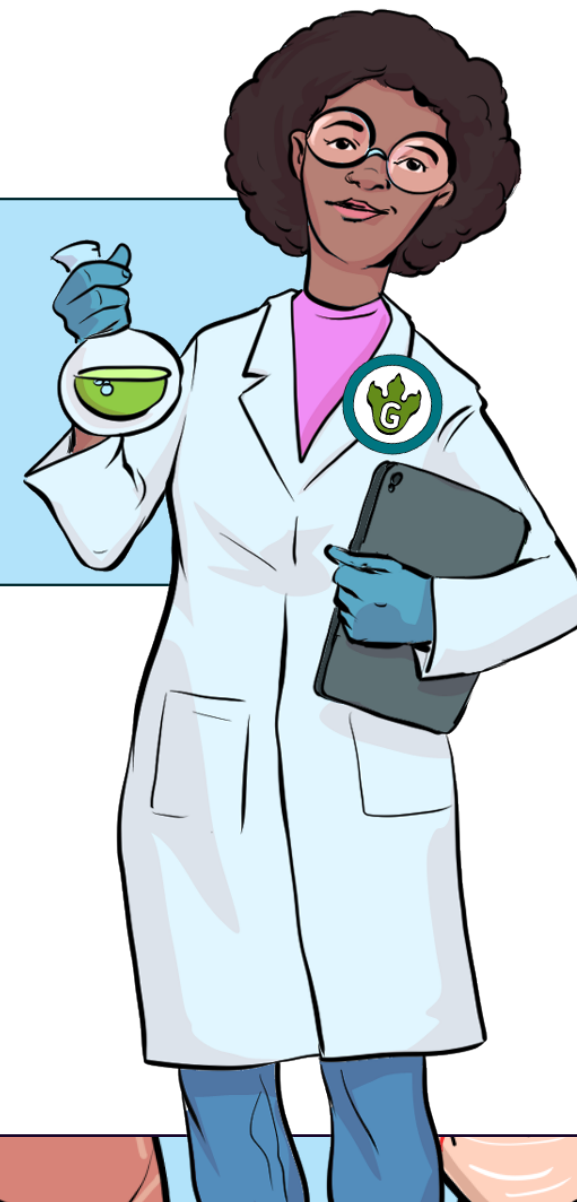


# Last Lesson Recap



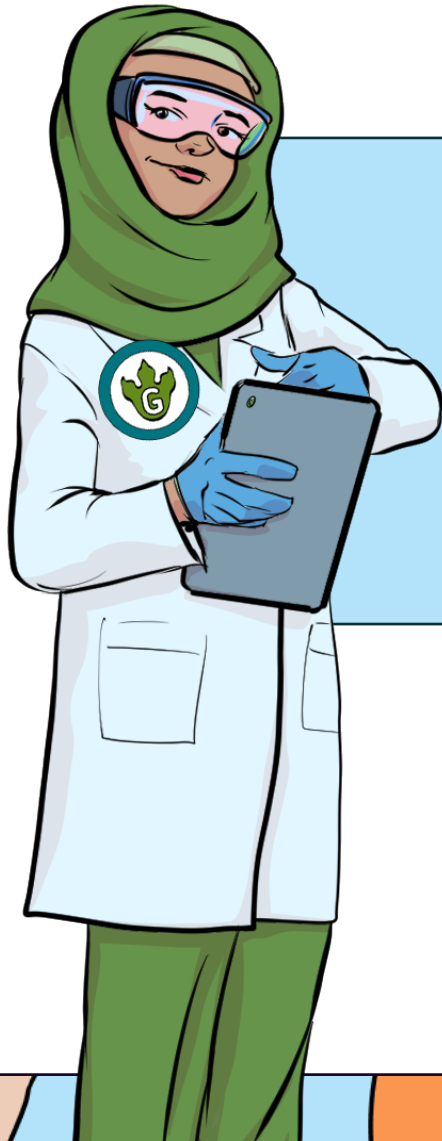
Can you remember how we  
**absorb water and nutrients** into  
our bloodstream?

Talk it through with your partner  
before we discuss it as a class.

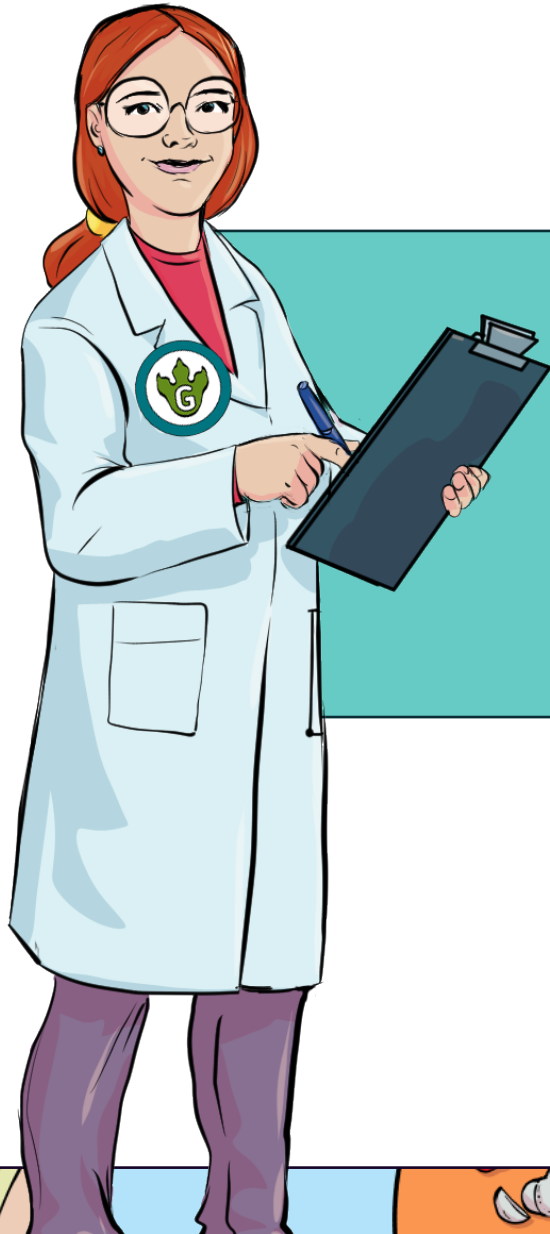


# Thinking Time...

What does the blood  
**transport** around the  
body?



# Thinking Time...



oxygen, nutrients, carbon  
dioxide and waste



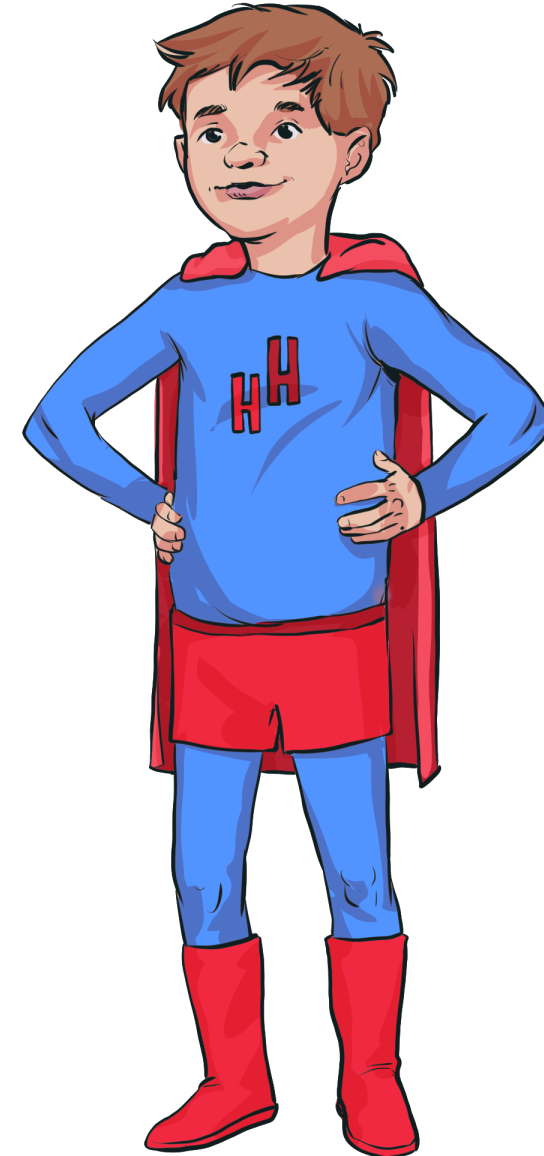


# Health Heroes!

As we grow into adults, we should be doing lots of things 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...



This child has been **exercising**.

What is your favourite type of exercise?

How does exercising make you feel?

sweating

out of breath

breathing heavily

red face

tired muscles

heart beating faster



# 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!



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?

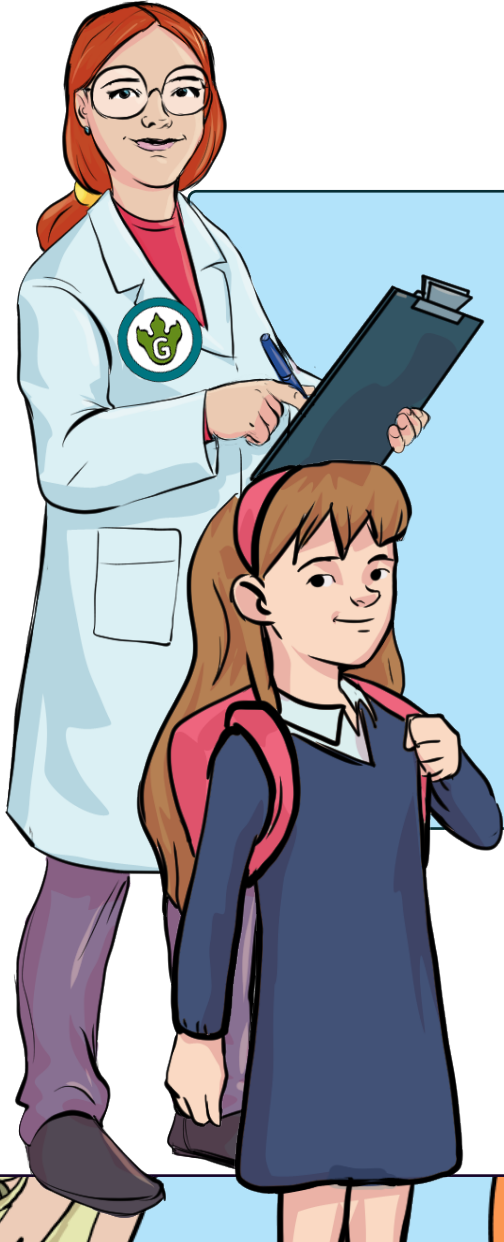




# Why should you exercise?

With your partner, write down as many reasons  
as you can think of.

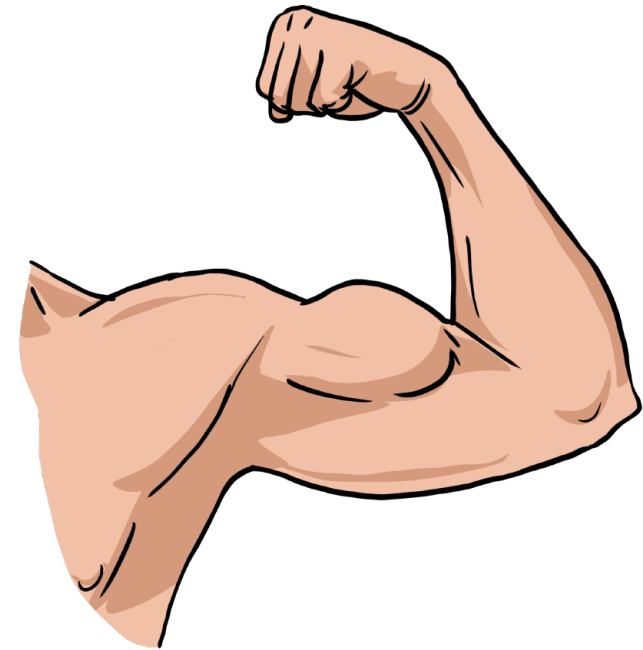
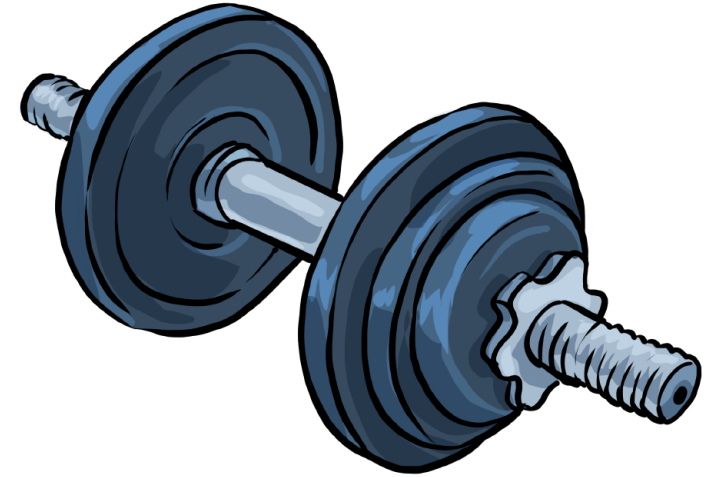
**You have 60 seconds!**



# Why should you exercise?

Tick off any of these answers that you wrote down:

- We will feel **healthier**.
- Our **heart** will be stronger.
- Our **lungs** will be more efficient as they 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.



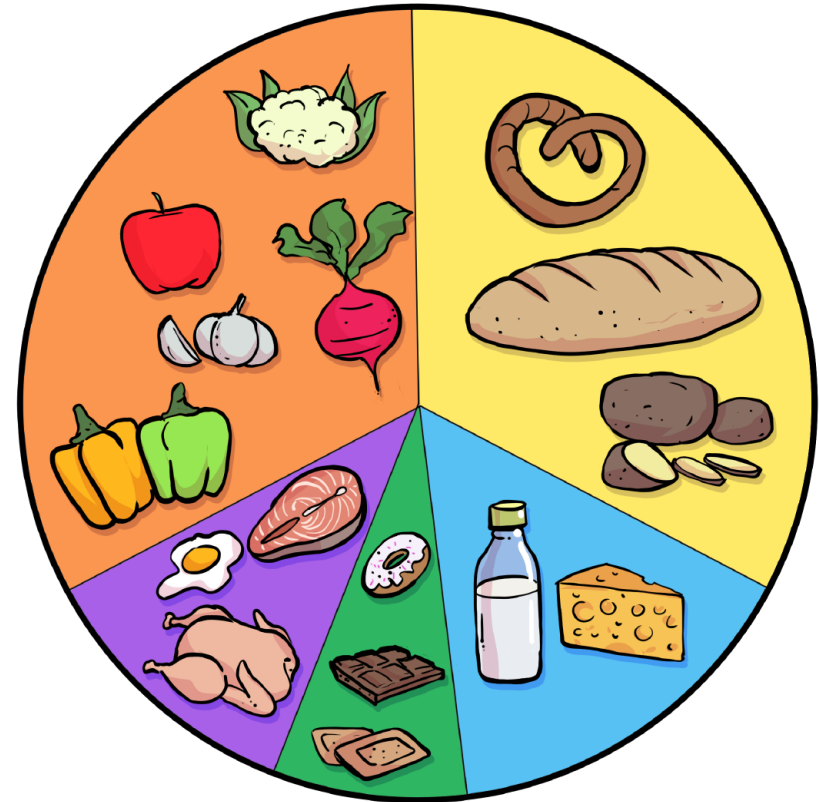
# Healthy Diet

The 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 many 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?

Discuss which of these lunchboxes is **healthy** and which is **unhealthy**.

**Explain your answer.**





# Healthy or Unhealthy?

To be healthy, we need to make sure that we eat a healthy, balanced diet.

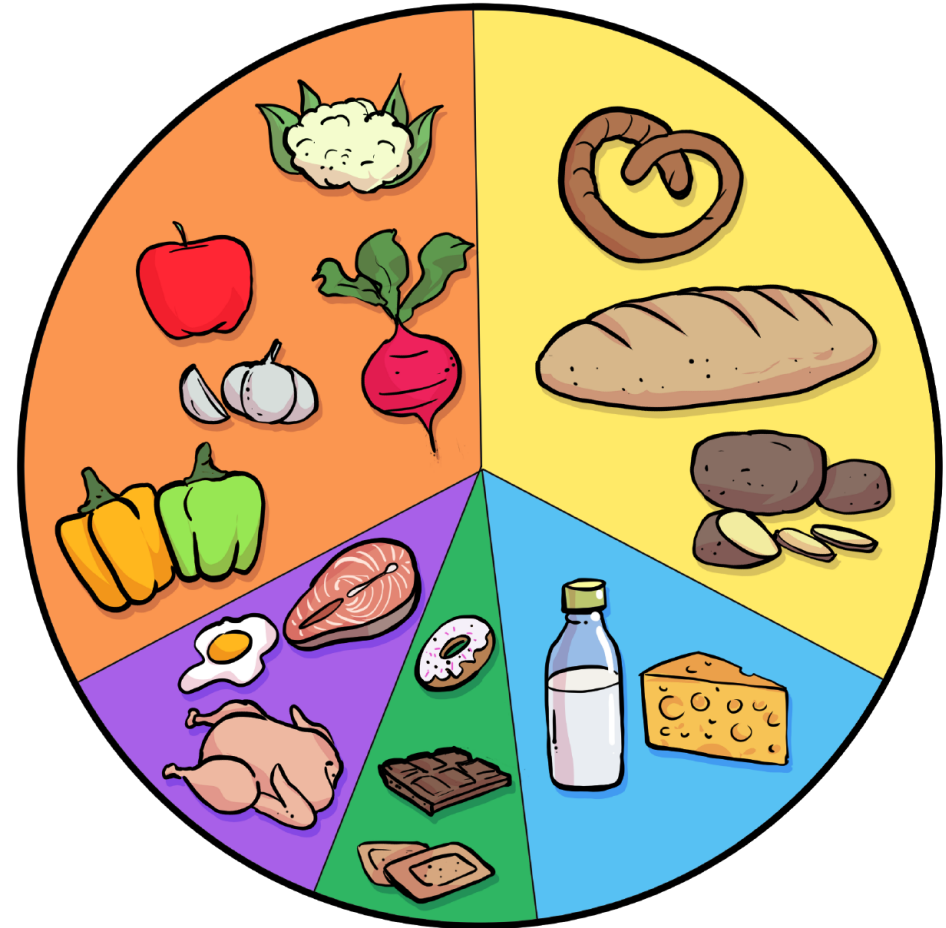
This means that we should be eating a variety of foods.

We can still have treats as long as we are not eating them too much or too often.

We need to ensure we absorb all the nutrients and vitamins that our bodies need.

There are **five main food groups**.

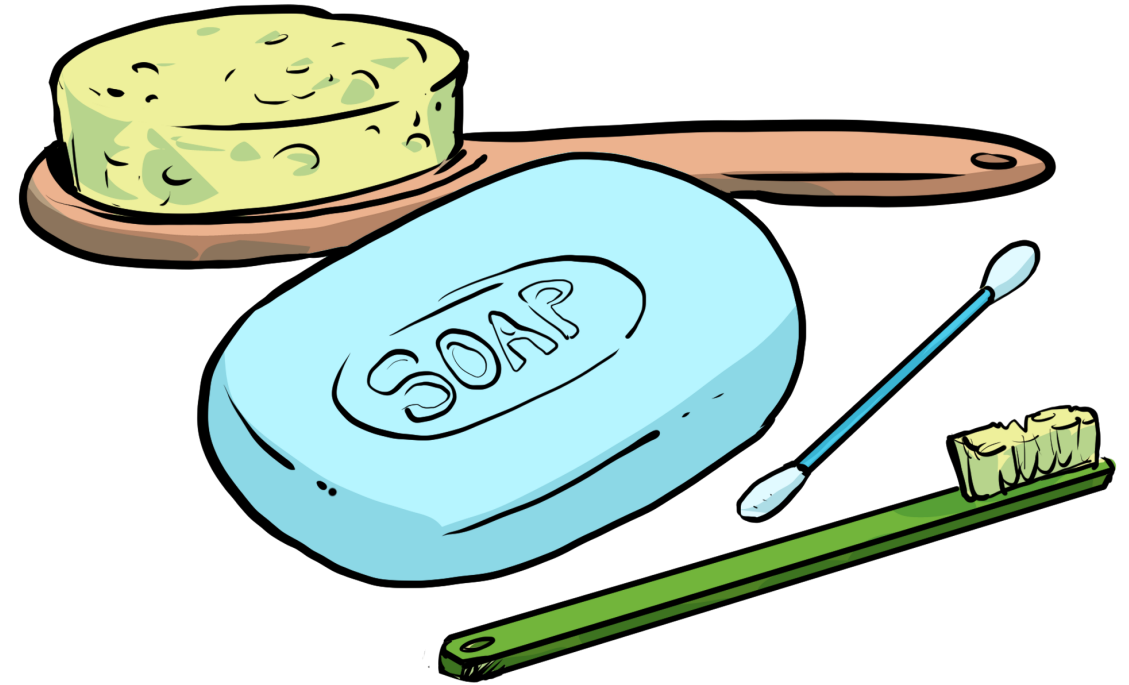
Fruit and vegetables, protein, carbohydrates, dairy and fat and sugar.



# Personal Hygiene

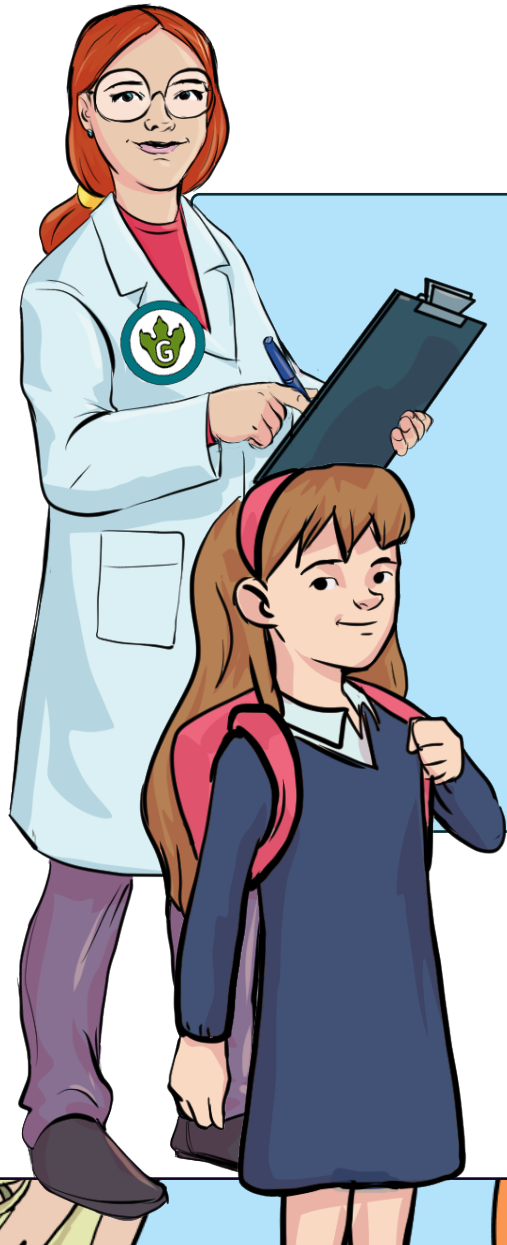
Another way we can lead a healthy lifestyle is by looking after our bodies.

We need to ensure we have good **hygiene**.



How can we do this?





With your partner, list the ways we can ensure good hygiene.

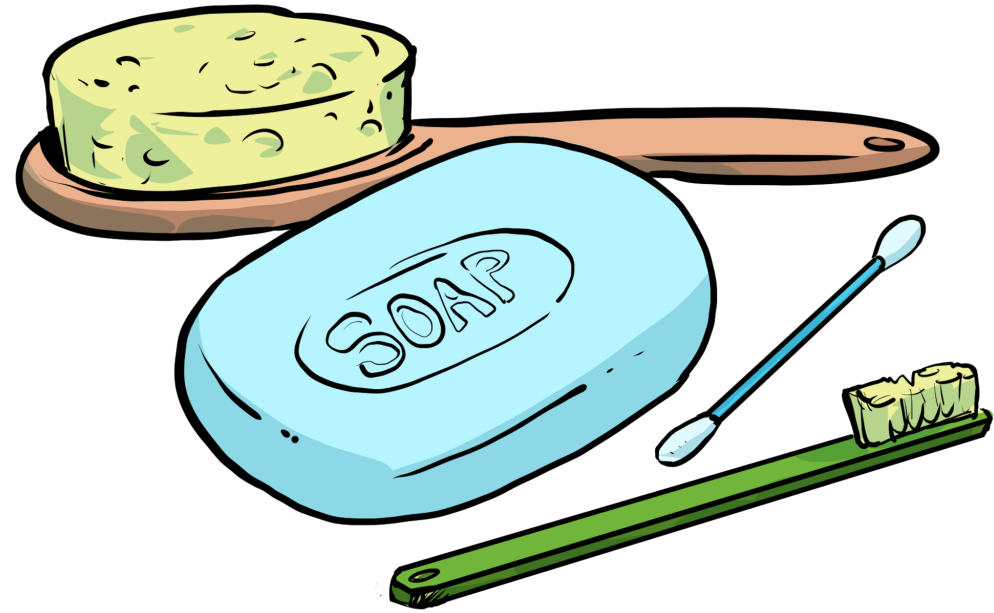
**You have 60 seconds!**



# Personal Hygiene

**Tick off any of these answers that you wrote down:**

- 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.



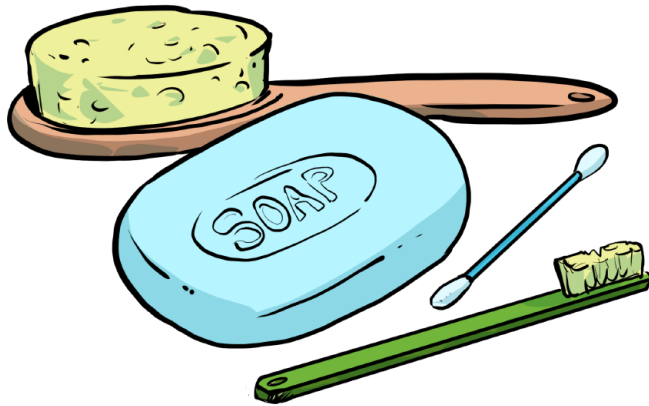
Why is it important to have good hygiene?





# Being ill...

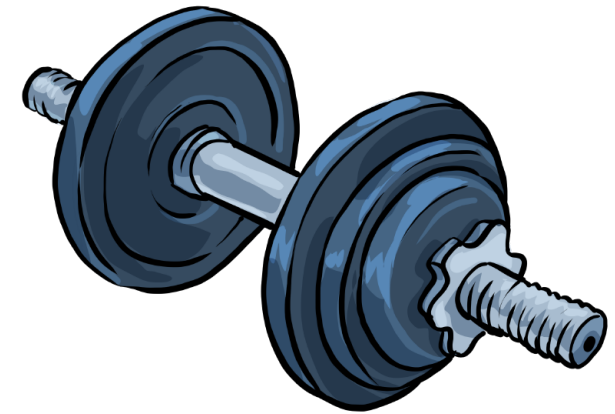
We have been learning about leading a healthy lifestyle by:



keeping ourselves clean



eating a balanced diet



being active

Sometimes, even if we do all of these things, we can still become ill because **germs** are attacking our bodies all the time.



# How can you tell if someone is feeling ill?

If you are feeling ill, you could have:

- pale skin
- high temperature
- tiredness
- loss of appetite
- spots or a rash
- runny nose
- headache
- nausea

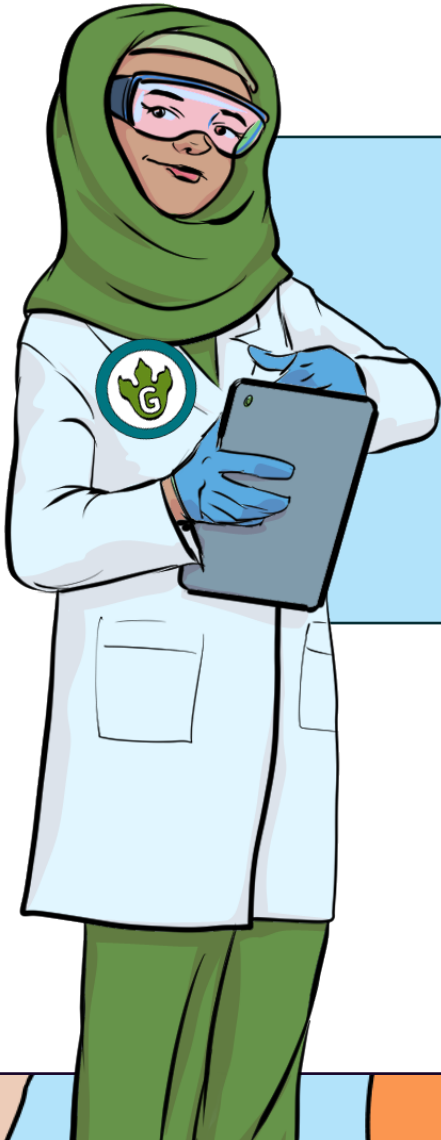
**Chickenpox** is an illness that spreads easily around children.

What are the **symptoms** of chickenpox?



# Thinking Time...

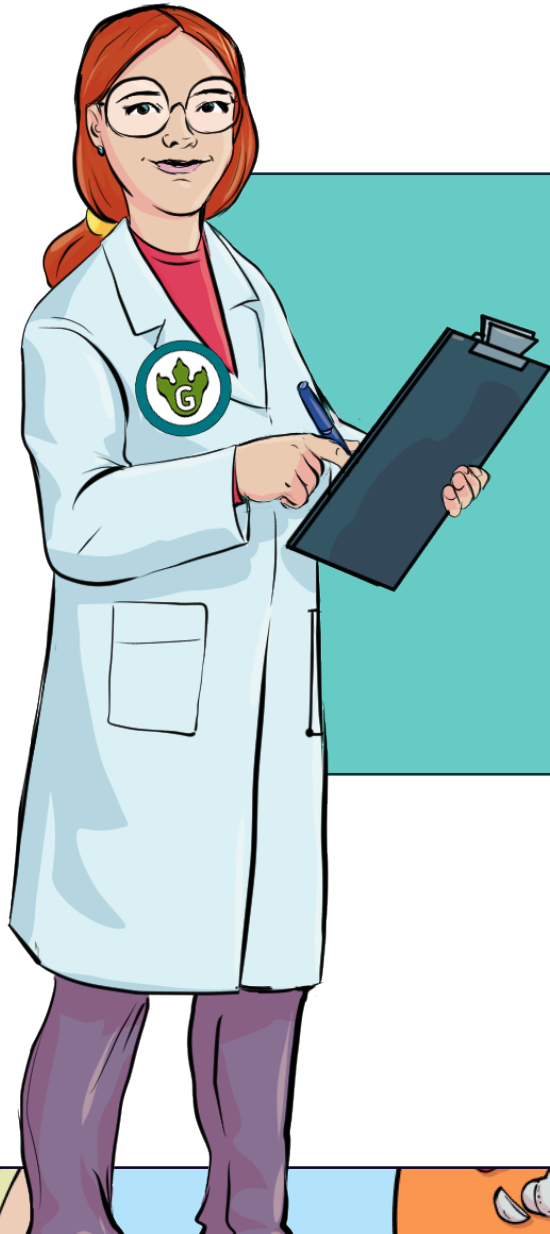
What should you do if you ever feel ill?



# Thinking Time...

**Tell an adult.**

This could be your parents,  
grandparents, teacher or  
dinner time staff.





# What happens next?

Sometimes, you might go to bed or rest for a while.

Sometimes your parents might give you something to help you feel better.

Depending on your symptoms, this might be a **syrup**, a **tablet**, or a **cream**.

Sometimes you might have to see a **doctor**.



# The Doctor

The **doctor** works at the **health centre** or **GP surgery**.

The men and women who work as doctors have spent a long time studying and training to do their job.

If you have to see the doctor, they will ask you what is wrong, and you will tell them your symptoms.

They will check you over. They might look in your mouth and your ears. They might listen to your chest with a **stethoscope**.

The doctor will then explain what is causing your illness.

They will sometimes give you a **prescription**. The prescription tells you what medicine you should take to feel better.



Doctors need to go to university for at least five years!



# Medicines

Medicines can come in all different shapes, sizes and colours.

One medicine might be a pink liquid, another medicine might come in a special mist, another might be a blue pill, and another might come out of a yellow tube.

But they're all used for the same purpose — to make you feel better when you're ill.

Most medicines today are made in **laboratories** by scientists. Once a medicine is created, it is tested repeatedly in many different ways.

This allows scientists to make sure the medicine is safe for people to take and that it can fight or prevent a specific illness.



# Caution!

Medicines can help you, **BUT** medicines **can harm you** if they are not used properly.

**Too much** of a medicine can be harmful, and **old** or **outdated** medicines may not work or can make people sick.

Taking the **wrong medicine** or medicine prescribed for someone else is also very bad news.

You should always **follow your doctor's instructions** for taking medicine — especially for how long.

If your doctor says to take medicine for ten days, take it for the whole time, even if you start to feel better sooner.

Those medicines need time to finish the job and make you better!

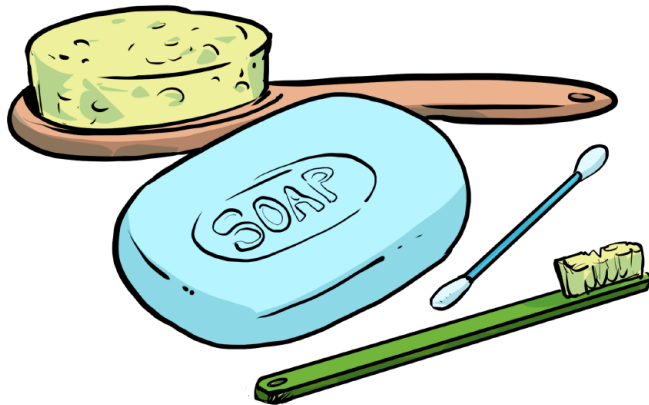
**NEVER** take medication unless **your parents have told you to!**





## But remember...

We can continue to keep ourselves healthy by:



keeping ourselves clean



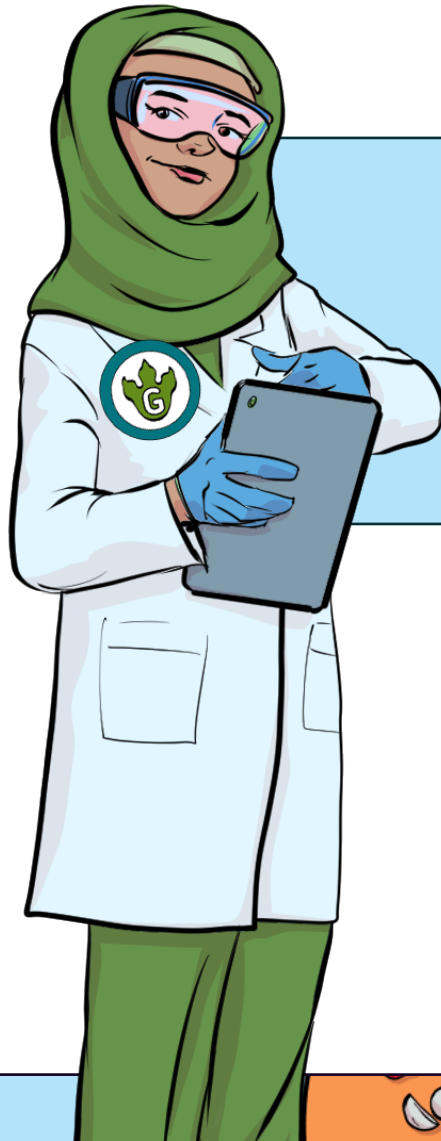
eating a balanced diet



being active



# Independent Task

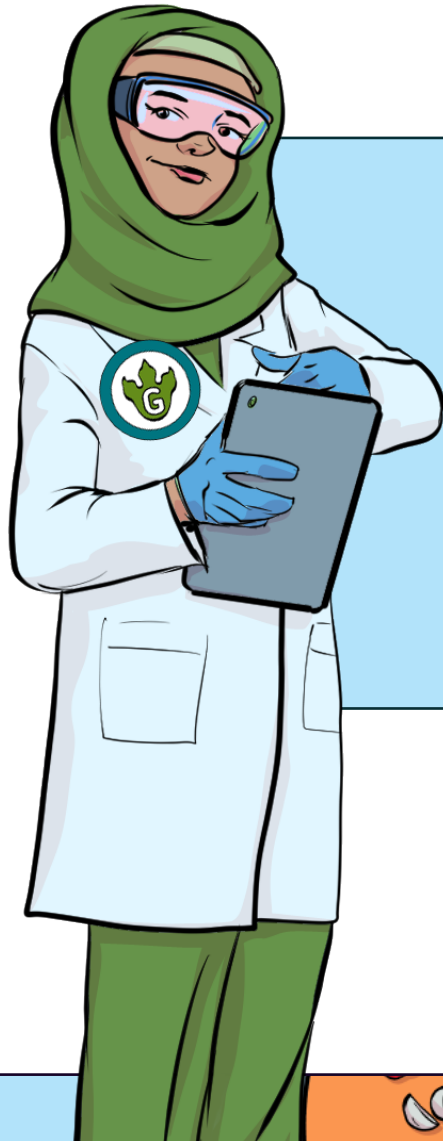


Create a **poster** that we could put up around school that explains how we can lead a healthy lifestyle.

You could even include your own **Healthy Hero** if you want!



# Lesson Recap



How can we lead a **healthy lifestyle**?

Is there anything you need to change to lead a healthier lifestyle in your life?

