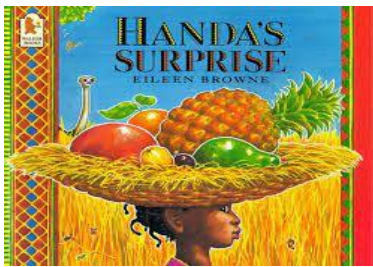
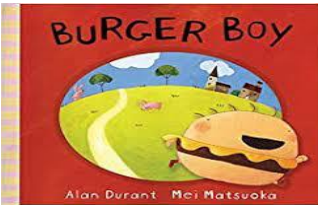


## Knowledge Mat: *Healthy Humans*

<b>Subject Specific Vocabulary</b>		<b>An Interesting Book</b>				
<b>WORD</b>	<b>DEFINITION</b>		<p><i>Keeping healthy means caring for your body so that you have enough energy to learn, play and grow.</i></p> <p><i>All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others.</i></p>			
<b>healthy</b>	Keeping healthy means doing things that are good for your body like eating nutritious food, exercising, brushing your teeth and getting enough sleep.		<p><b><u>What you need to know</u></b></p> <ul style="list-style-type: none"> <li>▪ <b>Know that animals including humans have young animals that look like them.</b></li> <li>▪ <b>Know that babies will grow into adults.</b></li> <li>▪ <b>Know what humans need to survive (including food and water).</b></li> <li>▪ <b>Know what animals need to survive.</b></li> <li>▪ <b>Know why it is important to exercise.</b></li> <li>▪ <b>Know why it is important to eat the right amounts of food.</b></li> <li>▪ <b>Know why it is important to keep clean and wash regularly.</b></li> </ul>	<p><i>Keep your mouth happy by brushing and flossing to have healthy teeth and gums.</i></p> <p><i>It is important not to eat too much sugar and salt: sugary foods can be bad for your teeth and can be fattening, and salty foods can lead to heart disease.</i></p> <p><i>Everyone should have their '5 a day' - this means five portions of fruit and vegetables, to get the right amount of nutrients.</i></p> <p><i>It is important to have 30-60 minutes of exercise every day. This can include running around and playing with friends.</i></p>		
<b>diet</b>	Eating a balanced diet means choosing foods in the right amounts from each of the food groups.	<p><b>Another Interesting Book</b></p> 				
<b>off-spring</b>	You can refer to a person's children or an animal's young as their off-spring.					
<b>exercise</b>	Means to keep your body healthy by walking, running and playing. You will need to feel out of breath if you have exercised properly.					
<b>proteins</b>	Protein is a food group which includes meat, eggs, fish, dairy products, nuts and seeds.					
<b>carbohydrates</b>	Carbohydrates are sugars (such as fructose, glucose, lactose) and starches which are found in foods such as starchy vegetables, grains, breads and cereals.					
<b>fats</b>	Fats are found in many dairy animal products like cream, butter and cheese.					
<b>nutrition</b>	Nutrition includes all the stuff that's in your food to help you grow and be healthy.					
<b>survival</b>	Survival success to means to succeed in keeping alive against the odds.					
<b>hygiene</b>	Taking care of our bodies to make sure we are clean and don't smell.					<p><b><i>Many foods are labelled using the traffic light system to tell you how healthy they are.</i></b></p>

