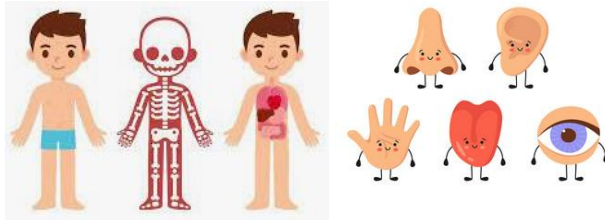


How can we have a super body?

Key Vocabulary

Human Body
Senses



Balanced diet
Nutrition

Eat Well Plate
Carbohydrates

Fat

Protein

Dairy

Fruit and Vegetables

Vitamins and Minerals



Exercise

Healthy

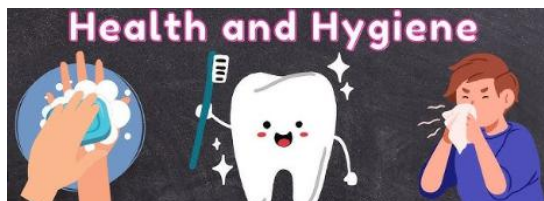
Survival

Mental Health



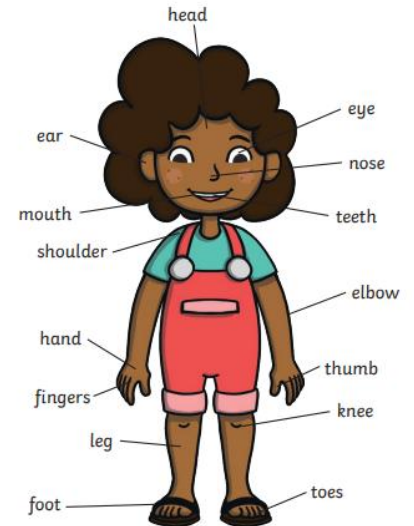
Hygiene

Self-care



Exercise helps you become fit, gives you more energy and is good for your mental health. Exercise helps you focus better at school to learn lots.

Parts of the Body



A balanced diet provides your body with all the nutrients it needs to stay healthy.

A balanced diet helps give us energy and helps us maintain a healthy weight.