




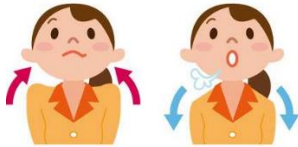

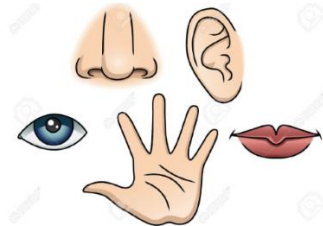
















Key ideas			
What is a balanced diet?	Food that gives your body the nutrients it needs		
What is exercise?	Activity to maintain or improve health and fitness		
What is personal hygiene? 	Clean teeth Wash hands Wash clothes Bath and shower		
What is healthy living? 	To maintain or improve our health (Balanced diet/exercise/sleep/good hygiene)		
Life processes			
Mrs Gren			
Movement	Moving. 	Growth	Increasing in size. 
Respiration	Breathing. 	Reproduction	Make offspring. 
Sensitivity	Sensitive. 	Excretion	Getting rid of waste matter. 
		Nutrition	Food or nourishment. 

Tier 3 vocabulary -			
Hygiene 	Cleanliness to maintain health and prevent disease		
Food groups	How food can be classified/sorted		
Protein - meat/fish/dairy 	Carbohydrates - starchy foods/grains 	Fruit and vegetables - grown from plants or seeds 	Fats - 'unhealthy treats' (plus oily fish/seeds and nuts/plant oils) 
Balanced	A varied diet of each food group		
The Eat Well plate (An example of how much of each food group makes a balanced diet)			
Flexible 	Exercises that stretch your muscles help your body become more flexible. Being flexible is having "full range of motion", which means you can move your arms and legs freely without feeling tightness or pain.		
Muscle 	Exercises that make your muscles work hard, help to make your muscles stronger. This type of exercise builds strength. By using your muscles to do powerful things, you can make them stronger.		
Pulse 	Rhythmic throbbing felt in the wrists or neck as blood is being pumped through the arteries.		
Serotonin 	A chemical that is released when you exercise which contributes to wellbeing and happiness		
Strength 	Being physically strong. When you exercise, you are helping to build a strong body that will be able to move around and do all the things that you need it to do.		

Investigations	
What are the effects of exercise on our bodies?	 <p>How do you feel before exercise? How do you feel just after exercise?</p>

	E.g. change in breathing/ heart beating faster/ hot and sweaty/ tired/ happy /energised? How do feel after you have rested?
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