



Let's learn about ...

- healthy food
- exercise
- keeping clean



2 Mime the healthy activities.



3 Complete the maze. Follow the healthy food.



Be mindful

Feel your heartbeat and tap the heart to count. 001



# What foods are healthy?

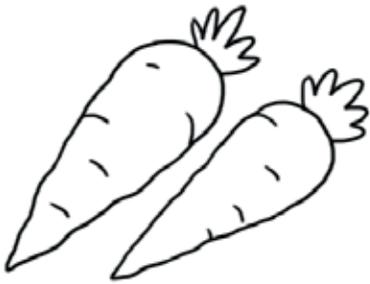
It's important to eat healthy foods.

- 1  Watch. What food is healthy? Stick.

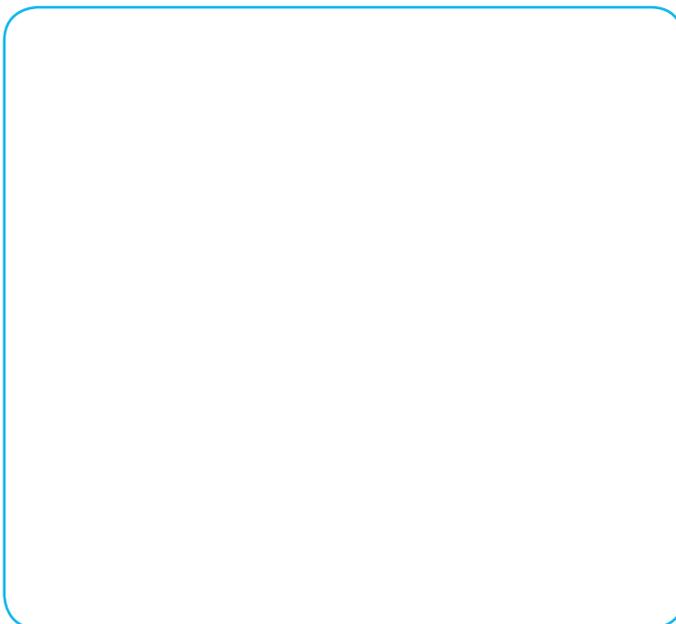
Healthy			
			

Not healthy			
			

- 2 Colour the vegetables.



- 3  What's your favourite fruit? Draw.



## Language learning lab



# Why do we eat healthy food?

Healthy food is good for your body and your brain. We need water and food to live.

1 Match. Trace the words.

vegetables

fruit



proteins

grains

2 Listen and trace.  002

Healthy food gives my body energy.



Healthy food gives my brain energy.



3  Draw and trace the number.

Drink 8 glasses of water every day.



8

**WOW**

People, animals and plants need water to live.



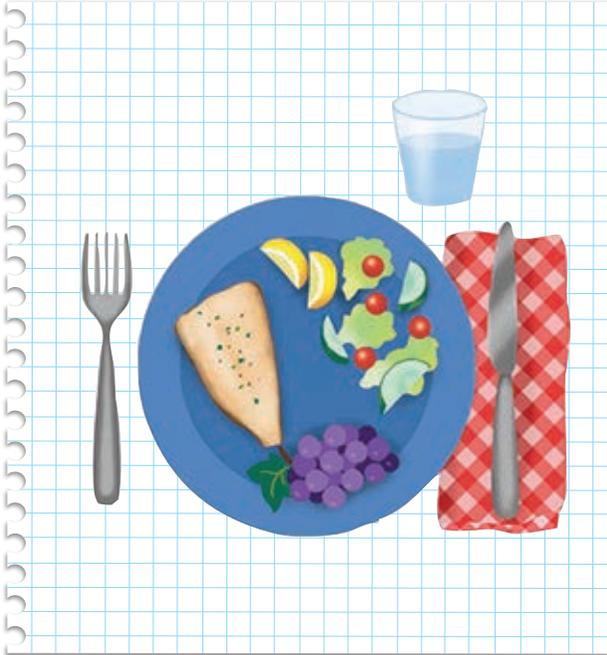
At home

Try a new fruit or vegetable.



## Challenge

# My healthy meal



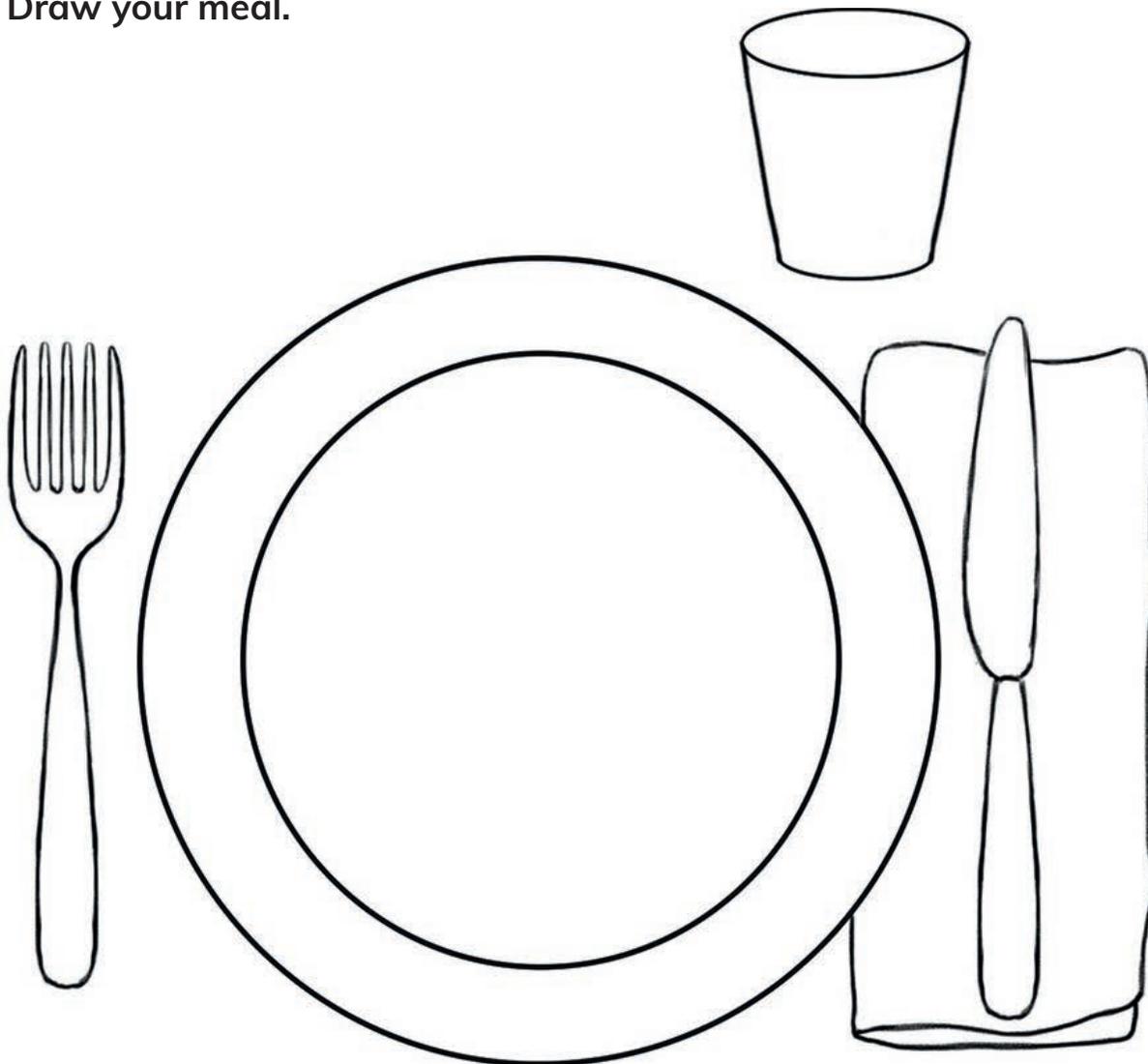
This is my healthy meal. It's got fish, salad and grapes.

### Planning

- 1 Choose some healthy food for your meal.



2 Draw your meal.



3  Tell your classmate about your meal.

4 What good have you got? Look and tick:

fruit	<input type="checkbox"/>	protein	<input type="checkbox"/>
water	<input type="checkbox"/>	grains	<input type="checkbox"/>
vegetables	<input type="checkbox"/>		

# How do you exercise?

Exercise is good for your body and your brain.

1  Circle the things you do.



run



swim



ride a bike

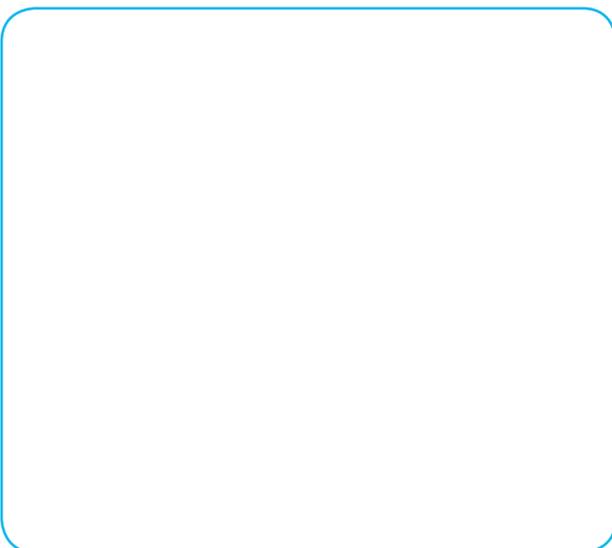


dance



skip

2  Draw your classmate's favourite exercise.



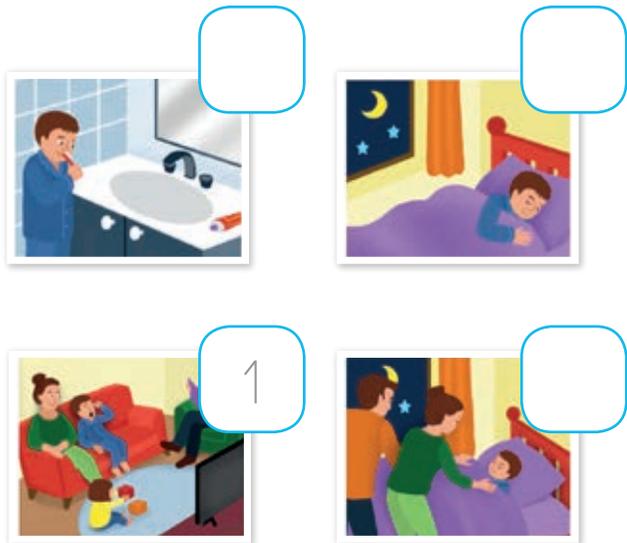
3 Play. Roll a dice. Do the exercise.



# Why is sleep important?

Sleep is good for your body and your brain.  
Sleep helps you grow.

1 Number the pictures in the correct order.



3 You don't feel sleepy. What can you do? Draw.



2 Why do we sleep? Trace and match.

Sleep helps you ...

grow

learn

play



**WOW**

It's healthy to sleep for 9-12 hours.



At home

Write a sleep diary for 3 nights.

# How can you be clean?

It's important to wash your hands, your body and your teeth.

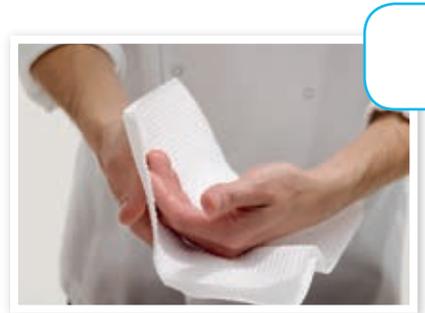
1 **Watch.** What is personal hygiene? Number in correct order.



wash hands



go to the toilet

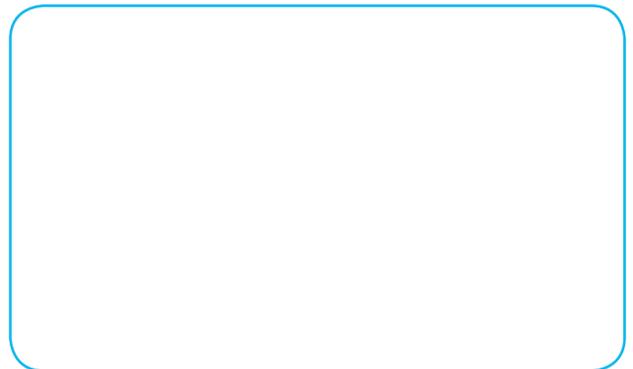


dry hands

2 What can they use? Match.



3 **Draw.** How do you take care of your body? Draw.



## CULTURE

This comb is 600 years old. It's made of bone. What's your comb made of?



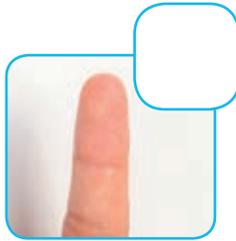
# Science lab

## Can soap keep your finger clean?

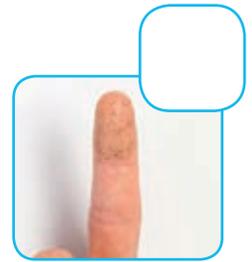
### Hypothesis

1 Tick.

Soap can keep my finger clean.



Soap can't keep my finger clean.



### Materials

You need ...

a bowl



pepper



soap



water



**Step 1** Put water in the bowl.



**Step 2** Put pepper in the water.



**Step 3** Put soap on your finger.



**Step 4** Touch the water with your finger.



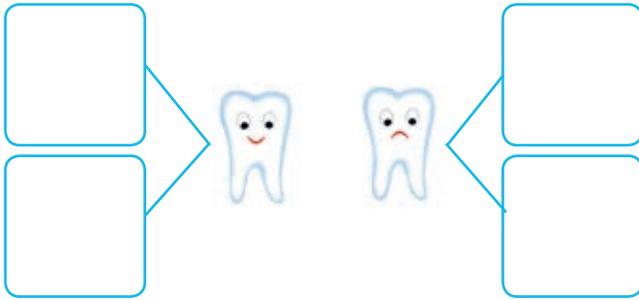
2 **Watch.** Then complete the worksheet.



# What is good for my teeth?

Brush your teeth and eat healthy food.

1 Draw things that are good for your teeth and bad for your teeth.

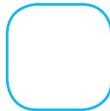


2 Look and circle.

I can clean my teeth with ...



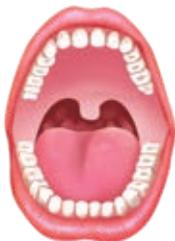
3 Who helps keep our teeth healthy? Look and tick ✓.



4 Match.

Brush your teeth.

Don't brush your teeth.



**WOW**

Dentists can take X-rays of your teeth.



# How can you keep healthy?

Take care of yourself every day.

1 Sing the song.  003



 **This is the way** 

This is the way  
I wash my hands,  
wash my hands,  
wash my hands.  
This is the way  
I wash my hands  
I am strong and healthy

**brush my teeth**

**go to sleep**



**WOW**

Dirty hands can make you sick.

2  Interview a classmate. Write yes or no.

Me	My friend
 Do you brush your teeth every day? _____	 Do you brush your teeth every day? _____
 Do you drink fizzy drinks every day? _____	 Do you drink fizzy drinks every day? _____
 Do you do exercise every day? _____	 Do you do exercise every day? _____
 Do you drink 8 glasses of water every day? _____	 Do you drink 8 glasses of water every day? _____



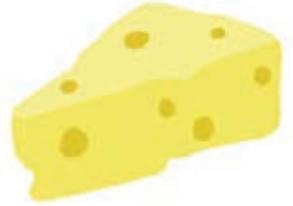
**At home**

Interview somebody in your family.



# Review

1 Circle the food that is not healthy.



2 Listen and number. 004



3 What do they need? Match.



dentist

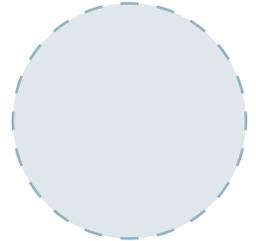
doctor



# Reflect

1  Say and stick.

I can ... say healthy or not healthy.



I can ... say the exercises.



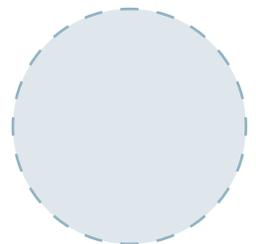
swim



ride a bike



dance



I can ...



wash my hands



brush my teeth



go to sleep

