

Key Vocabulary

Vocabulary

hygiene	Keeping my body and my teeth clean.
dental	To do with your teeth
cavities	A hole or sign of decay on your teeth
mental health	A healthy mind
emotions	How I am feeling

Knowledge Organiser for

Healthy me

Knowledge.

I can talk about what effects my health and wellbeing. I realise the importance of:

- Regular exercise
- Healthy eating
- Tooth brushing
- Sensible amounts of screen time
- Having a good sleep routine
- Being a safe pedestrian
- Personal hygiene

I can talk about good mental health.

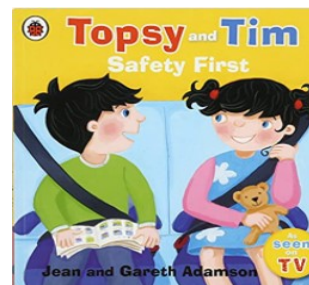
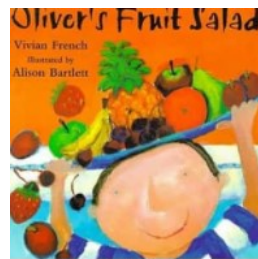
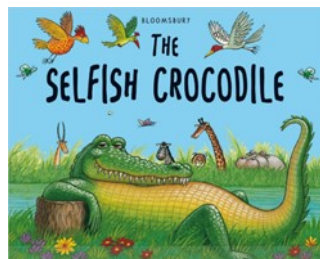
Diagrams



FUN FACT:

It's important to drink plenty of water during the day. Your body is mostly made up of water!

Useful Texts



Useful links

<https://www.nhs.uk/common-health-questions/childrens-health/>

<https://learning.nspcc.org.uk/child-health-development>

<https://www.bbc.co.uk/cbeebies/grownups>