

Key Vocabulary

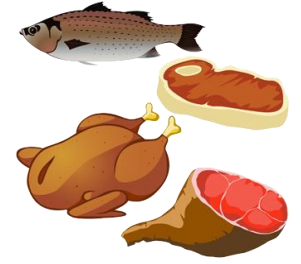
Pulse	The movement of blood through your body which can be felt on your skin.
Physical Activity	Exercise.
Healthy	In a good physical and mental condition.
Healthy Diet	Eating the right amount of each food group.
Hygiene	Keeping clean.
Unhealthy	Not good for our health.



We need a mixture of these food types in our diet:



Carbohydrates



Meat and Fish

Take Care

We should be active daily to stay healthy.



We need to keep all parts of our body clean including our teeth and hair.



Milk and Dairy



Fruit and Vegetables



Food high in sugar and fat