

L.O. To share our experiences and opinions with keeping healthy

Please see Wednesday PowerPoint presentation before attempting this sheet.

Watch this video carefully before attempting to complete the worksheet.

<https://www.youtube.com/watch?v=UxnEuj1c0sw> Or type in to youtube “bbc learning what do humans need to stay healthy” Then click the first video. 1 min32sec long

Activity: Fill in the missing words use the Word bank to help you.

Being healthy will help us to _____ and to do _____.

We can be healthy by eating a good _____ of all foods,

We need to eat plenty of fresh _____ and vegetables.

Drink lots of _____ and do lots of _____.

We also need to have good _____. This means washing of germs that can make us _____.

Finally, we need lots of _____ to help our bodies recover and grow.

Word bank:

Sleep, Hygiene, sick, Fun activities, live longer

water, exercise, fruit, balance