

Knowledge Organiser: KS1 Science - Healthy Living

What can we do to keep healthy?

There are different things we can do to stay healthy:

Keep clean Exercise Drink water



Eat a balanced diet



Global Goal: Good Health and Well-Being

We need to look after our bodies and minds by eating a balanced diet, getting enough sleep, exercising and by learning how to become more resilient.

3 GOOD HEALTH AND WELL-BEING



Did you know?

Sugary food and drinks are bad for your teeth.



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Water

We drink water to keep us hydrated.



What are the different food groups?

There are 5 food groups.

Dairy



Dairy gives us calcium and strengthens our bones.

Fats



Fats are part of a balanced diet and give us energy.

Fruit and vegetables



Fruits and vegetables contain vitamins and minerals.

Carbohydrates

Carbohydrates give you lots of energy. They make you feel fuller for longer.



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Vocabulary

Hygiene - The things you need to do to keep healthy and clean.

Hydrated - To make sure you drink enough water to keep healthy.

Carbohydrate - Foods that give you lots of energy to keep your body working properly.

Dairy - Foods that contain calcium to help your bones and teeth stay strong and healthy.

Protein - Foods that help our muscles grow and repair themselves.

Fruits and Vegetable - Foods that contain vitamins and minerals to keep our bodies healthy.

Fats - Food that give us energy and help our bodies work properly.

Balanced Diet - Making sure you eat the right amount of each food type to keep healthy.

Exercise - Doing an activity that requires effort to improve your healthy and fitness.