

Glossary of key words:

Vocabulary	Definition
healthy	Being free from sickness and feeling well.
medicine	Something that will stop pain or treat an injury or illness.
vaccination	A substance that will protect against a disease.
disease	A condition that causes harm to the health of a person.
good hygiene	Keeping clean to keep healthy and prevent disease.
germs	Very small living things that cause illnesses.

End of unit outcomes:

- What being healthy means.
- That people like parents, dentists and doctors can help us to stay healthy.
- What we put into and onto our bodies can affect how we feel.
- How medicines and vaccines can help people stay healthy.
- That having good hygiene is important to stop germs being passed to other people.
- That I can help to take care of myself each day by making healthy choices.

This unit's key ideas:



Ways to keep our bodies clean.



Medicines can help us stay healthy. Only grown ups should give us medicines.



Being active and sleeping well helps us to keep healthy.