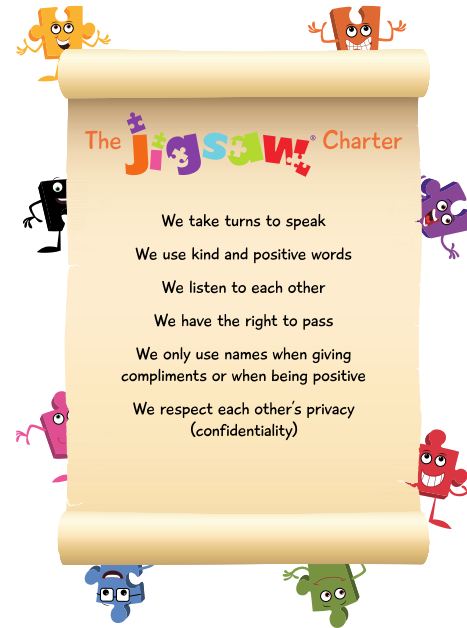




## Key Vocabulary

<b>Healthy</b>	A balance of good food and lots of exercise.
<b>Unhealthy</b>	Too much junk food and not enough exercise.
<b>Clean</b>	Not dirty, healthy.
<b>Exercise</b>	Moving your body to get fit.
<b>Choices</b>	Something you choose from.
<b>Stranger</b>	Someone you do not know.



## Key knowledge

**PSHE**

I know which foods are healthy and not so healthy and can make healthy eating choices.

I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet.

I know what a stranger is and how to stay safe if a stranger approaches me.

