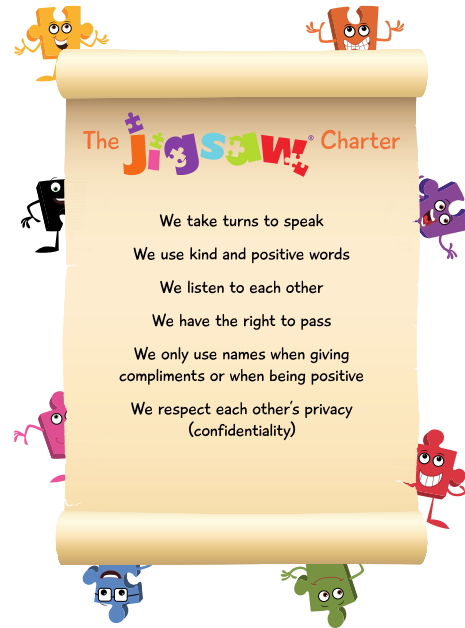




## Key Vocabulary

<b>Healthy</b>	A balance of good food and lots of exercise.
<b>Unhealthy</b>	Too much junk food and not enough exercise.
<b>Balanced</b>	A mix of things which are good and things we should only have a little of.
<b>Exercise</b>	Moving your body to get fit.
<b>Choices</b>	Something you choose from.



## Key knowledge

PSHE

I can explain why I think my body is amazing and can identify a range of ways to keep it safe and healthy.

I can give examples of when being healthy can help me feel happy.

