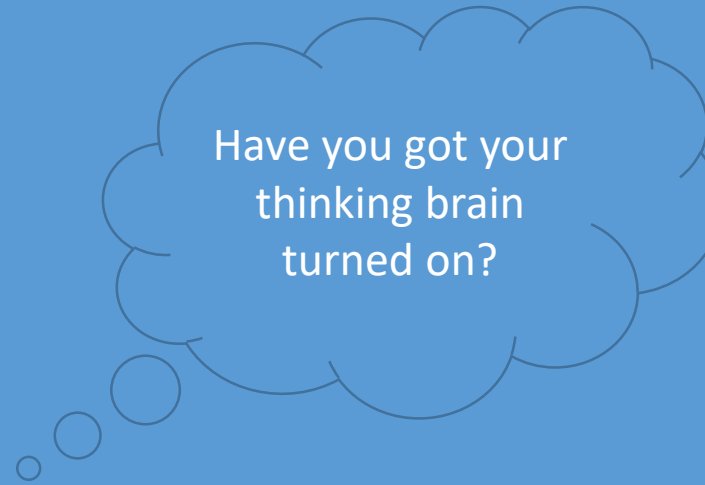




LO: to explain what humans need to stay healthy.

What do humans need to stay healthy?

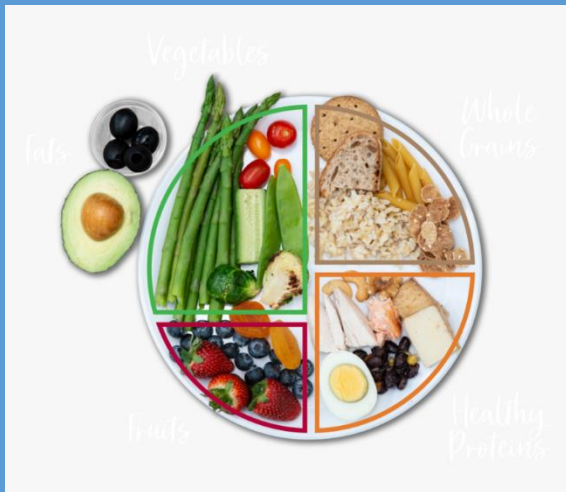


Watch the video
to find out what
humans need to
stay healthy.

<https://www.youtube.com/watch?v=UxnEuj1c0sw>

What do humans need to stay healthy?

Healthy food



Keep active



Good hygiene



Plenty of sleep



Do's and Don'ts of staying healthy:

DO try to eat a mixture of different foods, take exercise, get plenty of sleep and wash your hands before meals.



DON'T just eat buns and cakes, take no exercise, stay up late or forget to wash your hands before meals.



Your task:

Create a poster to remind your family about how to stay healthy. Can you include the 3 ways of keeping healthy that we learnt about today? Use pictures and labels.

Healthy food



Keep active



Good hygiene



Plenty of sleep



Something harder- create a leaflet about how to stay healthy. Can you write about how to stay healthy? Use the template to help you.

What a good one might look like:



Staying Healthy



Eat lots of fruit
and vegetables



Wash our hands before
eating and after using
the toilet



Take regular exercise



Wash our face



Brush our teeth twice a day



Wash our body and hair



Drink lots of water

Something easier

Wc 25th Jan 2021

LO: to explain what humans need to stay healthy.

Create a poster to show what humans need to stay healthy.

Eat Healthy Food

Keep Active

Good Hygiene

Wk 25th Jan 2021

LO: to explain what humans need to stay healthy.

Create a leaflet about what humans need to stay healthy.

The worksheet is designed for a leaflet creation activity. It includes three large rectangular boxes for drawing or writing, and several horizontal lines for text. The boxes are arranged in a staggered layout: one at the top right, one on the middle left, and one at the bottom right. The lines are provided for writing text, likely for the leaflet's content.

Challenge: Create a leaflet about how to stay healthy. Can you include information about how humans stay healthy? What kind of food should humans eat? What kind of exercise should they do? How can they keep clean? Can you include lots of details?