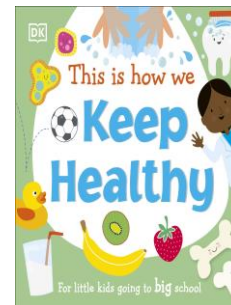
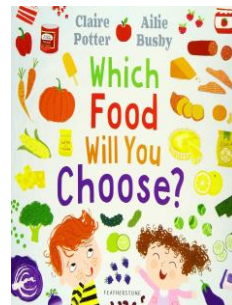
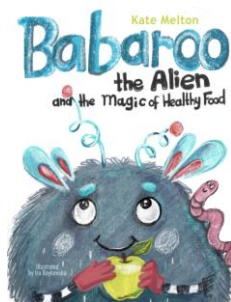


Subject Specific Vocabulary	
<b>healthy</b>	To eat a healthy diet and exercise.
<b>affect</b>	Make a difference.
<b>hygiene</b>	Keeping yourself clean.
<b>vaccination</b>	A way of protecting against harmful diseases.
<b>immunisation</b>	A way of protecting against harmful diseases.
<b>medicines</b>	A way of treating diseases.

## What helps us to stay healthy?



By the end of this topic I will explore...
<ul style="list-style-type: none"> <li>what being healthy means and who helps me to stay healthy</li> </ul>
<ul style="list-style-type: none"> <li>that things people put into or onto their bodies can affect how I feel</li> </ul>
<ul style="list-style-type: none"> <li>how medicines can help people to stay healthy and that some people need to take medicines every day to stay healthy</li> </ul>
<ul style="list-style-type: none"> <li>why hygiene is important and how simple hygiene routines can stop germs from being passed on</li> </ul>
<ul style="list-style-type: none"> <li>what I can do to take care of myself on a daily basis</li> </ul>
<ul style="list-style-type: none"> <li>what being healthy means and who helps me to stay healthy</li> </ul>

Links to our core values:
How can core values be shown during the career talks?
How can you help those working in the local community?
What job do you hope to do in the future?

Links to the PSHE/RSE Curriculum:
Health and wellbeing:
H1, H5, H6, H7, H10, H37