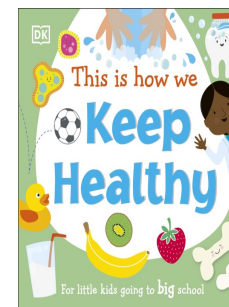
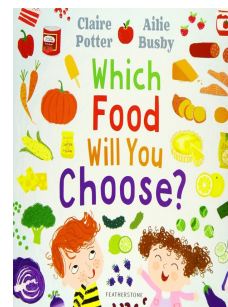
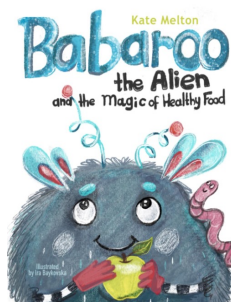


## Subject Specific Vocabulary

<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...

- what being healthy means and who helps me to stay healthy
- that things people put into or onto their bodies can affect how I feel
- how medicines can help people to stay healthy and that some people need to take medicines every day to stay healthy
- why hygiene is important and how simple hygiene routines can stop germs from being passed on
- what I can do to take care of myself on a daily basis
- what being healthy means and who helps me to stay healthy

### 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