

# Year 1 and 2: Health and Wellbeing

Subject Specific Vocabulary	
<b>Healthy</b>	Strong and well
<b>Nutritious</b>	Contains good vitamins, proteins, fats in your food to keep your body healthy.
<b>Medicine</b>	Ways to keep teeth clean.
<b>Hygiene</b>	Keeping clean to stay healthy and avoid illnesses.
<b>Microbes</b>	Tiny living things that are all around us but too small to see with out eyes. Also called germs.
<b>Illness</b>	A condition that causes harm to your health.

## What helps us grow and stay healthy?

## Oral Hygiene

### Hand washing steps

1. Wet hands with warm water
2. Add Soap to get rid of germs
3. Scrub front and back of hands for at least 20 seconds
4. Rinse under warm water
5. Dry hands with a clean towel

### What I will learn by the end of this topic:

- What being healthy means and who helps help us to stay healthy (e.g. parent, dentist, doctor)
- The things people put into or onto their bodies can affect how they feel
- How medicines can help people 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, e.g. brushing teeth and hair, hand washing

### People Who Can Help Us

- ✓ Speak to a parent, carer, or even an adult you trust
- ✓ Speak to a teacher or member of staff in school
- ✓ Listen and talk to a doctor, dentist or nurse

### Previous Learning

- I understand the importance for good health of physical exercise, and a healthy diet
- I can talk about some ways to keep healthy and safe.
- I can manage basic hygiene and personal needs, including dressing and going to the toilet independently