



Fantastic Fossils

Science

Stop germs spreading!!

It is very important that we wash our hands regularly.

Before we eat, after we go to the toilet and if we cough or sneeze into our hands.



Wash your hands please

Useful Vocabulary

Spring, Summer, Autumn, Winter

length of day, sunrise, sunset

frost, hail, gales, downpour

heart-rate, balanced diet, exercise, breathing, sleep, hygiene

decay, cavity, plaque

Seasonal changes:



How do we look after our teeth?

- Brush your teeth twice a day.
- Visit the dentist regularly.
- Eat the right foods to help keep teeth strong.
- Don't eat too many sugary foods and drinks.



How do we keep ourselves healthy?

- Eat a balanced diet.
- Get plenty of exercise
- Good hygiene (keep ourselves clean)
- Get plenty of sleep.
- Talk about our feelings
- Wear the right clothes

