

Fantastic Fossils Science

Stop germs spreading!!

It is very important that we wash our hands regularly.

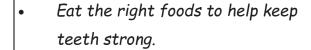
Before we eat, after we go to the toilet and if we cough or sneeze into our hands.



Brush your teeth twice a day.

• Visit the dentist regularly.

How do we look after our teeth?





Don't eat too may sugary foods and drinks.

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 keep ourselves healthy?

- Eat a balanced diet.
- Get plenty of exerci
- Good hygiene (keep ourselves clean
- Get plenty of sleep.
- Talk about our feelir
- Wear the right cloth



