



Super me! 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

How will I change when I grow up?

1. Baby

A baby is born after spending nine months inside the womb.

2. Toddler

At this stage, you learn to walk and talk.

3. Childhood

You start school

4. Adolescence

Children become teenagers.

5. Adulthood

Your body is fully developed.

6. Old age/elderly



Useful Vocabulary

Spring, Summer, Autumn, Winter

solstice, length of day, sunrise, sunset

frost, hail, gales, downpour

heart-rate, balanced diet, carbohydrates, protein, breathing, fibre, fat, vitamins and minerals

germs, hygiene, infection, prevent

new-born, toddler, child, teenager, adult

germs, hygiene, infection, prevent

Seasonal changes:



Why is exercise and eating the right food important for humans?

The human body needs a balanced diet to work properly. Good health involves drinking enough water and eating the right amount of foods from the different food groups:

A Balanced Plate

- Fruit and vegetables
- Grains, cereals and potatoes
- Dairy products
- Meat, fish, nuts and eggs
- Fats and sugars



The 5 senses:

