

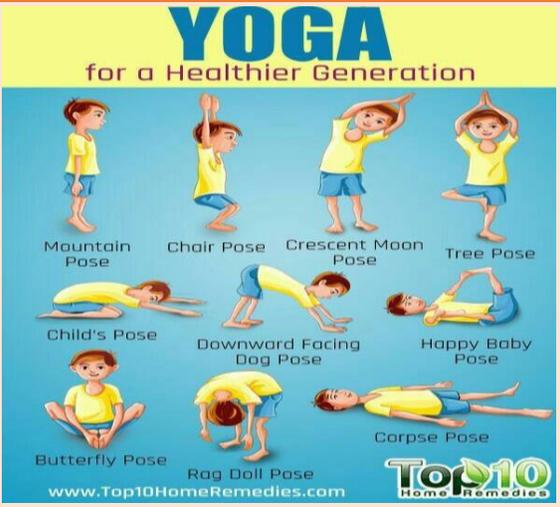
# Year 1 and 2: Health and Wellbeing

Subject Specific Vocabulary	
<b>Healthy</b>	Strong and well
<b>Exercise</b>	Physical activity that you do to make your body strong and healthy
<b>Diet</b>	The food and drink that a person usually eats or drinks
<b>Germ</b>	A very small organism that causes diseases
<b>Tooth decay</b>	When teeth become damaged or weaker

## What helps us grow and stay healthy?

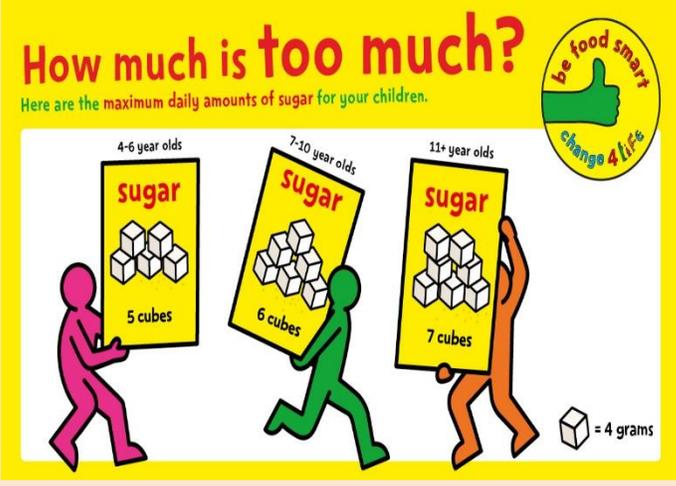


### Keeping Active



- ### What I will learn by the end of this topic:
- That different things help our bodies to be healthy
  - How sugar can affect our health, including dental health
  - How much rest and sleep you should have everyday
  - How to know when to take a break from screen-time activities
  - How to keep safe in the sun and how it helps our bodies grow

- ### Previous Learning
- I know the importance for good health of physical exercise and a healthy diet
  - I can talk about ways to keep healthy
  - I know basic hygiene



**How much is too much?**  
Here are the maximum daily amounts of sugar for your children.

Age Group	Maximum Daily Amount of Sugar (Cubes)
4-6 year olds	5 cubes
7-10 year olds	6 cubes
11+ year olds	7 cubes

1 cube = 4 grams