

Tier 3 Vocabulary

Exercise	Moving parts of the body to become stronger and healthi-
Healthy	To be in a good physical and mental condition
Hygiene	The things we do to keep our body clean and help stop the spread of germs
Germ	Tiny living things we cannot see with our eyes. They can live on our bodies and cause disease
Balance	Having different things in the correct portion
Muscle	Tissue in the body that helps the body move
Survive	To stay alive
Diet	What you eat
Spread	To cover
Experiment	A scientific test to try out a theory

Scientific skills and understanding

Ask simple scientific questions
 Use simple equipment to make observations
 Can explain to others what I have found
 Perform simple tests
 Identify and classify
 Use observations and ideas to suggest answers to questions

Key Facts

Animals and humans need water, air and food to survive
 Foods can be healthy and unhealthy. It is important to have a healthy diet so you can be fit and the body can function well
 Hygiene is a part of keeping healthy
 A balanced meal includes some dairy, protein, vegetables, grains and fruit.
 When exercising our muscles move, body temperature rises and heart rate increases.
 Germs can survive outside the body. Sneezing, coughing and touching objects can spread germs.

Diagrams

A Balanced plate

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