



# Science – Being Healthy



Year 1  
Spring Term 1

## Key Learning

Understand what contributes to a healthy lifestyle.

To sort foods into groups that are healthy and unhealthy. This will help me make healthy food choices.

Identify different food groups.

Understand the effects exercise has on our bodies.

## Key Vocabulary

Healthy	In a good mental and physical condition.
Unhealthy	Not having or showing good health.
Mind	A person's ability to think and reason.
Body	The physical structure, including the bones, flesh, and organs, of a person or an animal.
Food pyramid	A visual representation of how different foods and drinks contribute towards a healthy balanced diet
Proteins	One of the many substances found in food such as meat, cheese, fish, or eggs. It helps our bodies to grow and repair.
Carbohydrates	Bread, fruits, and vegetables: Carbohydrates help fuel your body.
Fats	A fatty substance is made from animal or plant products.
Vitamins	Vitamins are essential for normal growth and nutrition. Vitamins can be found in food.
Nutrients	Substance that plants or animals need to live and grow
Dairy	Food products made from milk.
Fruit	A fleshy food that contains seeds.
Vegetables	A plant or part of a plant that is used for food.
Exercise	Physical effort carried out to improve health and fitness.

## Pyramid

