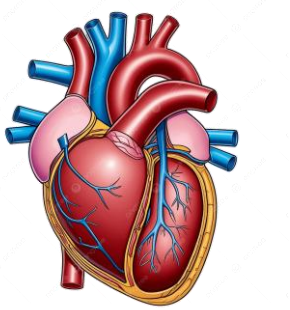
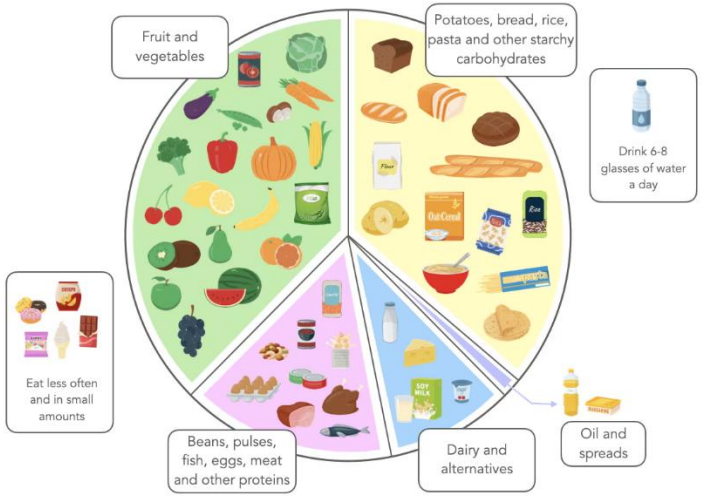
Science – Advent 2 – Human Body
How can we look after God's creation?

What happens when we exercise?



- Exercise makes our heart beat faster.
- The heart pumps blood around our body.
- Blood carries oxygen to our muscles.
- After resting, our heart rate slows down again.

Eat well plate



Healthy foods help the body grow strong. Unhealthy foods should only be eaten sometimes.

Key Vocabulary:

Heart

Exercise

Healthy

Unhealthy

Germs

Hygiene

Plaque

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Hygiene

Why do we need to keep clean?

- Washing removes dirt and germs.
- Bathing keeps our skin clean.
- Wearing clean clothes helps stop germs spreading.
- Clean hands help prevent illness.



Looking After Our Teeth

How can we keep our teeth healthy?

- Brush teeth twice a day.
- Use toothpaste.
- Visit the dentist regularly.
- Eat healthy foods.
- Drink water instead of sugary drinks.