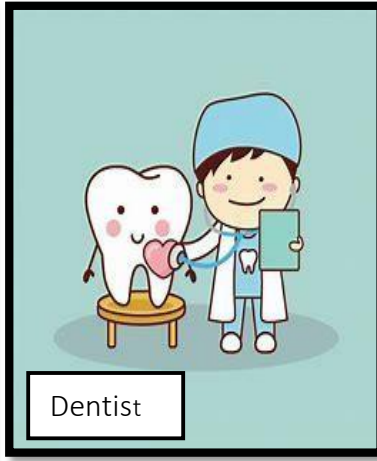




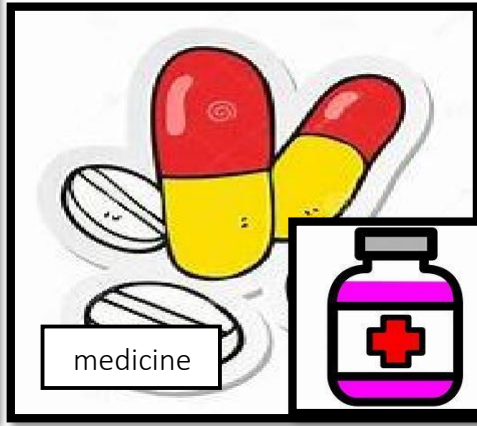
Doctor

A **doctor** is a person who is qualified to treat people who are sick or unwell.



Dentist

A **dentist** is a person who is qualified to check and look after people's teeth and gums.



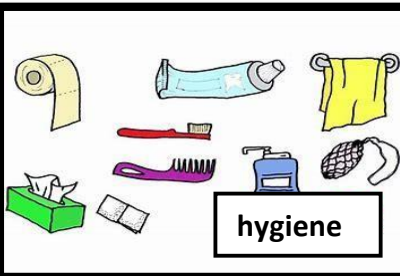
medicine

Medicine is something (as a pill or liquid) used to prevent, cure, or relieve a disease or illness.



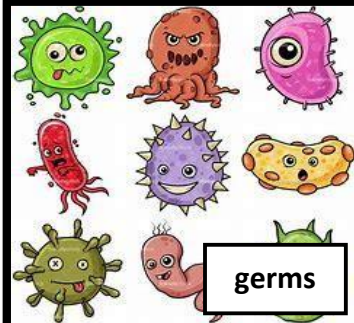
healthy

Healthy means being in good physical and mental condition. This includes sleep, exercise and diet.



hygiene

Hygiene is the practice of keeping ourselves clean to stay well. This includes brushing our teeth, washing and cleaning our bodies and brushing our hair.



germs

Germs are tiny invaders which can make us feel unwell or sick if they enter into our bodies.

What helps us stay healthy? Year 1 – Term 3



Our families help to keep us healthy.

It is important that we stay healthy. What do you do to stay healthy?

Key Questions

What helps us to stay healthy?

How can we look after ourselves?

What should we do if we feel unwell?

How can I protect myself and others from germs?

How can being healthy help us to feel happy?



Happy Hippo knows that healthy choices help him to stay feeling happy.