

# Year 1: Physical Health and Mental Health

Subject Specific Vocabulary		Health	Important Knowledge
<b>healthy</b>	Feeling good and your body feels good.		<input type="checkbox"/> I know how to keep my skin safe from the sun.
<b>unhealthy</b>	Not having good health.		<input type="checkbox"/> I know that being active can help me to stay healthy.
<b>active</b>	Doing exercise.		<input type="checkbox"/> I know that dentists can help to keep teeth healthy.
<b>dental</b>	All about teeth.		<input type="checkbox"/> I know that brushing teeth can keep my teeth clean and healthy.
<b>decay</b>	When teeth go bad.		<input type="checkbox"/> I know how to clean my teeth properly.
<b>hygiene</b>	To wash hands well.		<input type="checkbox"/> I can say which foods and drinks are healthy.
<b>routine</b>	A sequence of events.		<input type="checkbox"/> I can identify food and drink with sugar.
<b>emotions</b>	Feelings		<input type="checkbox"/> I can wash my hands correctly.
<b>cleanliness</b>	To wash germs away well.		
<b>rest</b>	To stop being active.		