






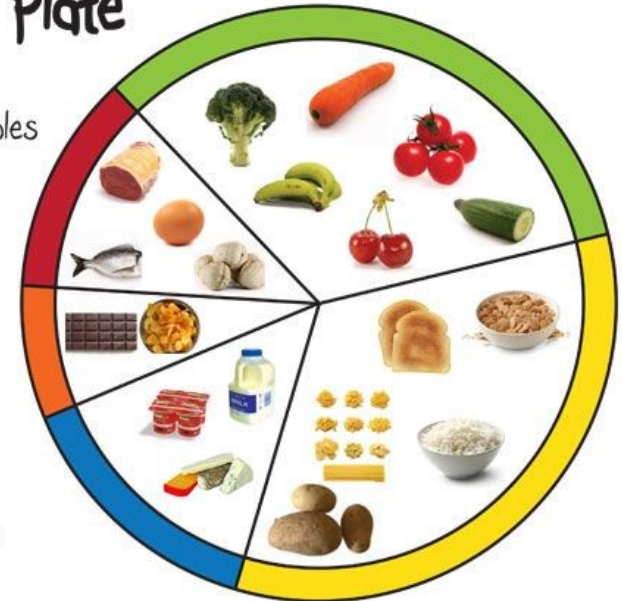
Key knowledge

Humans - health and hygiene

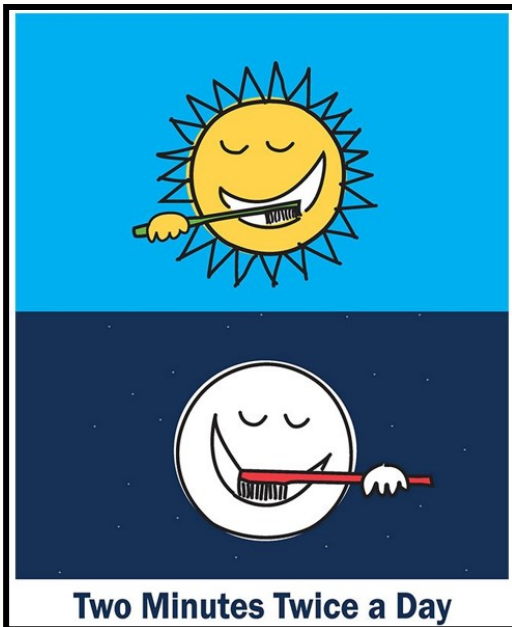
- Humans need water, food and air to survive.
- Humans need shelter, a good diet, exercise and good hygiene to stay healthy.
- Good hygiene includes hand washing, taking a bath or showers, brushing my teeth, wearing clean clothes and protecting others from my coughs and sneezes.
- Exercise is important for our bodies to stay healthy.

A Balanced plate

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



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hygiene

exercise

clean

washing

diet

health