

## Science

We are still thinking about the human body. Today we are going to learn about staying healthy.

Can you and your grown up have a chat about what you think we need in order to stay healthy.

Below is a link to a short video that will help you. Can you watch it and then complete the other activities included in the link as well.

I hope you manage to get all the quiz questions right!

<https://www.bbc.co.uk/bitesize/topics/z9yycdm/articles/zxvkd2p>

Well done!

Perhaps now you could draw a picture of a lovely HEALTHY meal that you would like to eat. Remember to include some vegetables!

Maybe you can label your drawing and stick it to the fridge to remind you about eating healthily! (This is optional!)

Now go and play! Being healthy also includes doing things that make you feel happy!

