

Key Vocabulary

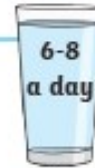
sight	Your eyes let you see all the things around you.
hearing	Your ears let you listen to all the things around you. Your brain is able to tell what different sounds are.
touch	Your skin gives you the sense of touch. You can tell if something is warm, cold, smooth or rough without even looking at it!
taste	Your sense of taste comes from your tongue. You can tell if something tastes bitter or sweet. You might have some tastes you like and some you don't.
smell	You smell using your nose. Your nose can tell if things smell nice or not nice.

Humans

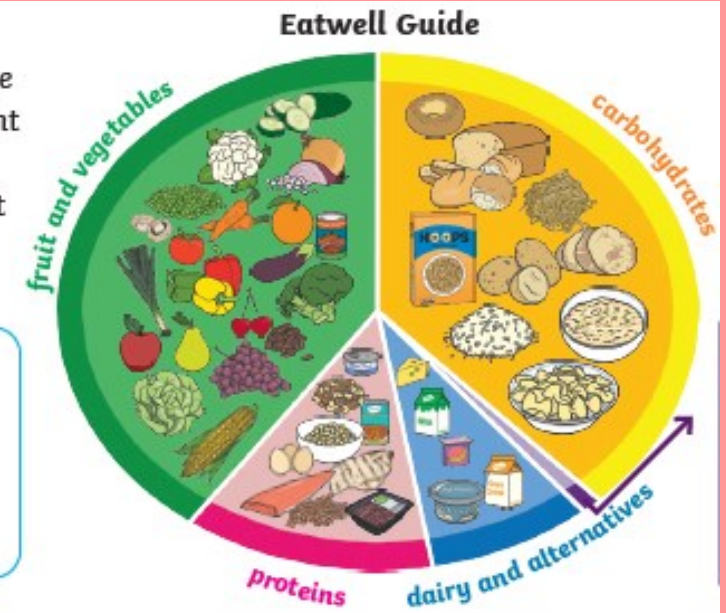
Year 2



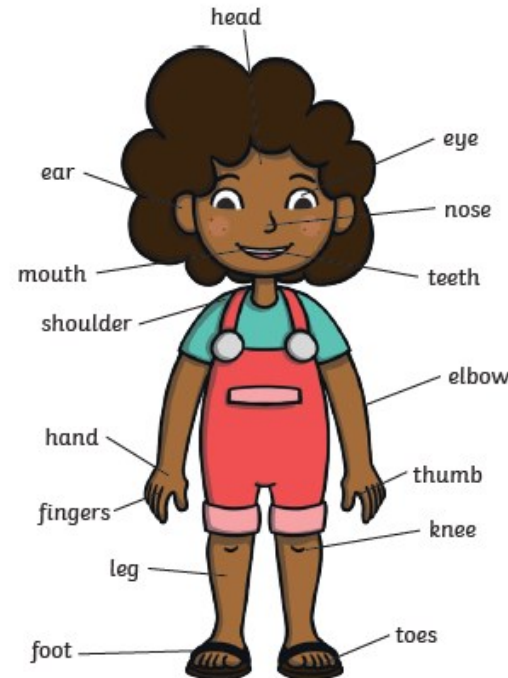
To grow into a healthy adult, we must eat the right types of food in the right amount and **exercise**.



Water, lower fat milk and sugar-free drinks.



Parts of the Body



Key Vocabulary

diet	The food and water that an animal needs.
exercise	A physical activity to keep your body fit.
germs	Tiny living things that can cause disease.
hygiene	How we keep ourselves and the world around us clean so we can stay healthy and stop germs spreading.
nutrition	Food needed to live.