

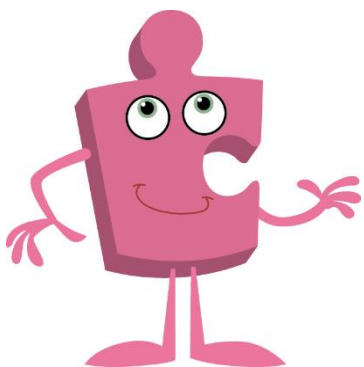
Overview: We will discuss all about how we can be healthy. Looking at healthy eating, being calm and relaxed and medicine safety. I will know what motivation is and will be able to discuss reasons why people may not want to do some things.

What I already know...

I know that you need good hygiene to stay healthy.

I know that exercise is good for you.

I know that you need to have a balanced diet to stay healthy.



By the end of this unit...

- I will recognise what I need to do to be healthy.
- I will know how to eat healthily.
- I will find ways to help me stay calm and relaxed.
- I will know how to be a good friend and have healthy relationships.
- I will know what motivation is.

Key Vocabulary

healthy	Sleeping well	motivation
Balanced diet	Rest and relaxation	exercise

Key Questions

How can you eat healthily?

What is important about being healthy?

What things do you need to think about to stay healthy?