

# Theme Knowledge Organiser (Autumn 2) - Fighting fit!

## Key Vocabulary

**health**- keeping your body 'working at its best' by looking after it to stay healthy

**balanced diet** - The human body needs a balanced diet to work properly. Good health involves drinking enough water and eating the right amount of foods from the different food groups: Carbohydrates, Proteins, Fats and Fibres.

**Carbohydrates** - Carbohydrates give us energy. They are found in foods such as bread, potatoes and pasta.

**Proteins** - Proteins help our bodies to repair themselves. They are found in foods such as fish, meat, nuts, seeds, eggs and cheese.

**Fats** - Fats help store energy for our bodies. They are found in foods such as butter, cheese and fried foods.

**Fibres** - Fibres are important for helping us digest our food. Fibres are found in fruit and vegetables.

**hygiene** - keeping clean to stay healthy and prevent diseases

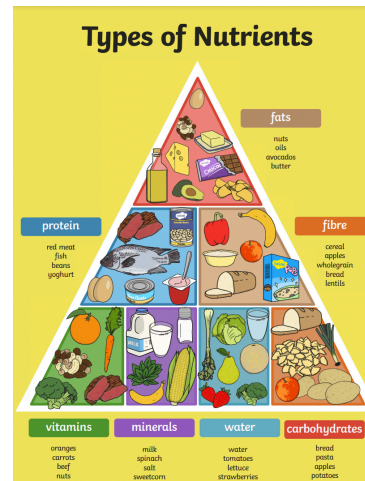
**heart rate** - the number of times a heart beats in one minute

**exercise** - a physical activity to keep your body fit

## What do humans need to be healthy?

To keep healthy, humans need:

- to eat a balanced diet
- healthy food
- some exercise
- to keep their muscles and bones healthy
- to take the medicines that are given by doctors and nurses when they are feeling poorly
- to keep good hygiene by washing regularly, having clean clothes and brushing their teeth and hair



## Nutrients

Nutrients are found in food and help our body to work.

## Hygiene

To stop illnesses or infections, we must be hygienic and keep ourselves clean.



The **Eatwell Guide** shows us what we need to eat and drink, to be healthy. It helps us to remember that we need different types of foods and 6-8 drinks a day to be healthy.

## 5 a Day

Humans should eat a variety of fruits and vegetables. Aim for at least five portions a day.

