

Our Body and Keeping Healthy

Chapter 1: Our Body and Keeping Healthy · Topic 1

Key Concept

Eating a balanced diet with fruits, vegetables, and grains gives our body the nutrients it needs to grow strong.

Regular exercise, like playing outdoor games or running, keeps our muscles and heart strong and healthy.

Getting enough sleep each night helps our body rest and recover, giving us energy for the next day.

Good hygiene, like washing our hands and brushing our teeth, helps prevent germs and keeps us from getting sick.

Quick Revision Notes

- A balanced diet gives our body nutrients.
- Nutrients help our body grow strong.
- Regular exercise keeps muscles and heart healthy.
- Outdoor games are a form of exercise.
- Enough sleep helps our body rest and recover.
- Sleep gives us energy for the next day.
- Good hygiene includes washing hands and brushing teeth.
- Hygiene prevents germs and sickness.

Practice Questions

- 1 List three healthy habits you follow.
- 2 Discuss a balanced meal you ate today.
- 3 Practice an exercise, like jumping or running.
- 4 Talk about how many hours you sleep.
- 5 Discuss why washing hands is important.
- 6 Create a simple healthy daily routine.