

Healthy – Being well and looking after your body so it can grow and feel good.
Hygiene – Keeping yourself clean to stay health
Germs – Very tiny things that can make us ill if they spread.
Safe – Not in danger; protected from harm.

- What does healthy mean?
- How can I keep my body healthy?
- What foods help my body grow strong?
- How can I stay safe at home and at school?
- What is hygiene and why does it matter?

