

the heart	pumps essential oxygen and nutrients around your body
the lungs	bring oxygen into the body and remove carbon dioxide
calories	the energy we get from food
balanced diet	eating the right amount of foods from the different food groups so your body can work properly

- Why is exercise so important?
- Do you think you get enough exercise? Why?
- What are calories and why do we need them?
- What might help us make healthy food choices?
- What strategies do you have to keep you safe?

