

Year: 1
Topic: Health and Wellbeing

St Dennis Primary Academy

"Everyone matters, everyone succeeds, every moment counts"



Glossary

- dentist** A doctor who is specially trained to care for people's teeth, gums and mouth
- diet** The food and drink usually eaten and drunk by a person or animal
- health** Being physically and mentally well
- hygiene** Keeping clean to prevent being unwell
- physical** When something is about your body
- sugar content** How much sugar there is in a food or drink



Use 5-star rated, high-SPF sun cream

Drink plenty of water

Cover up with a hat and long sleeves

Wear sunglasses to protect your eyes

Stay in the shade between 11 to 3