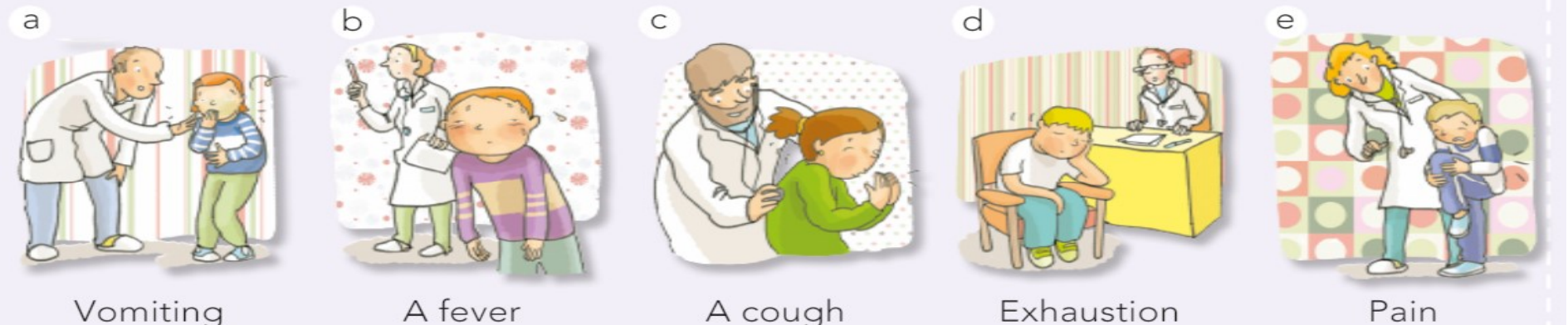




# 1. Health and illness

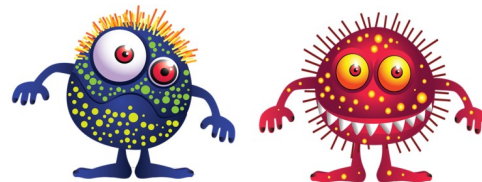
## 1.1 How do we know when we are ill?

When we are **healthy** we feel well, we have lots of energy and we are happy. Our bodies let us know when we are not well and we have **symptoms** of an **illness**.



## 1.2 Why do we get ill?

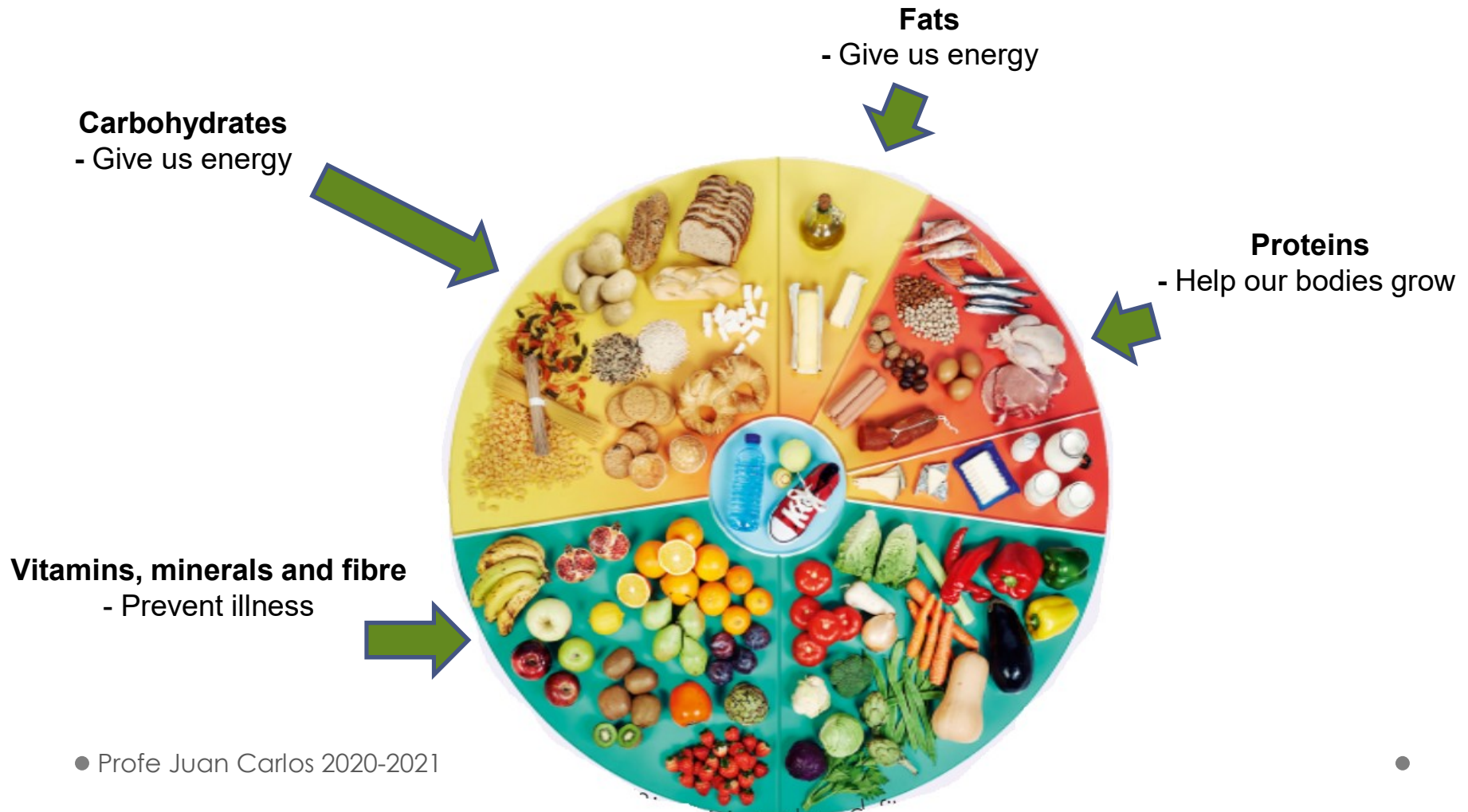
- Virus
- Accidents
- Bad habits
- Worry and stress



# 2. Food and nutrition

## 2.1 What is a food wheel?

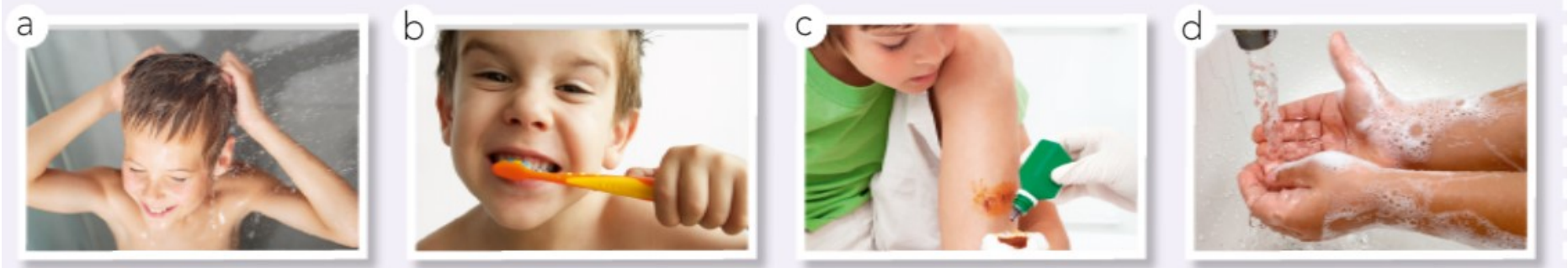
The food wheel show us how to eat a **balanced diet**.



# 3. Hygiene

## 3.1 What is personal hygiene?

- Shower every day and wash your hair regularly.
- Wash your hands before meals and after you go to the toilet. Make sure you clean under your nails too.
- Brush your teeth after meals.
- Wash and disinfect\* cuts and burns.



# 4. Taking care of our health

## 4.1 What do we need to stay healthy?

- Eat a balanced diet.
- Do exercise.
- Sleep.
- Have good hygiene habits.

**Friendship** is important to be happy and healthy.  
We make friends by **respecting** ourselves and others.



Kindness



Sharing



Honesty



Trust

# 5. Characteristic of human beings

-Human being are animals.

## 5.1) What type of animal are we?

Human beings can be classified in different ways.

- **Mammals.** Newborn babies feed on their mother's milk.
- **Viviparous.** Mothers give birth to live babies.
- **Vertebrates.** We have a backbone and an internal bone skeleton.
- **Omnivores.** We eat plants and other animals.



# 6. Vital functions

## 6.1) What are the vital functions?

-The vital functions of human being are:

**NUTRITION**

**REPRODUCTION**

**INTERACTION**

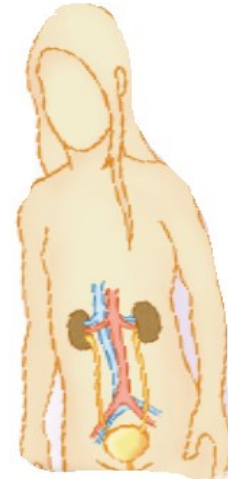
- Which body systems take part in NUTRITION?



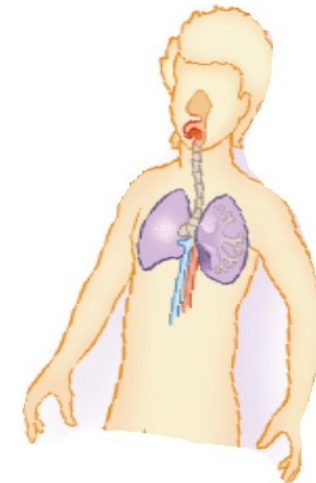
**Circulatory system**



**Digestive system**



**Excretory system**



**Respiratory system**

# 6. Vital functions

- How do human being REPRODUCE?

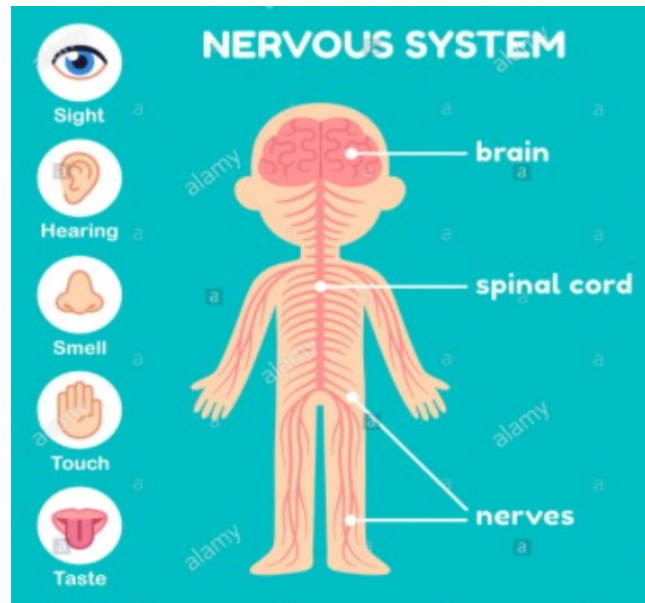


Male and Female reproductive systems are necessary to produce a baby.



- How does the INTERACTION function work?

Nervous systems



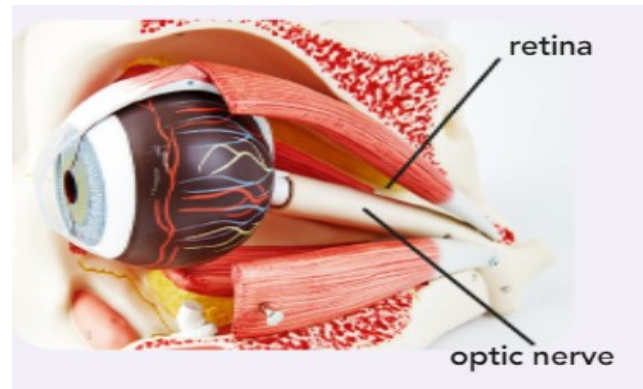
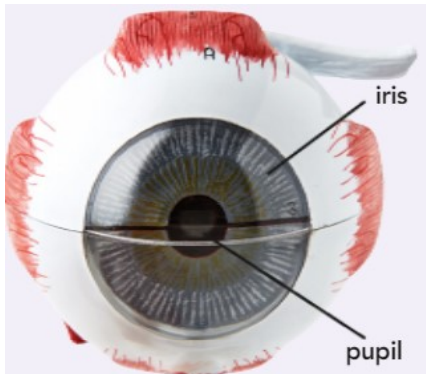
Five senses



# 8- Our senses.

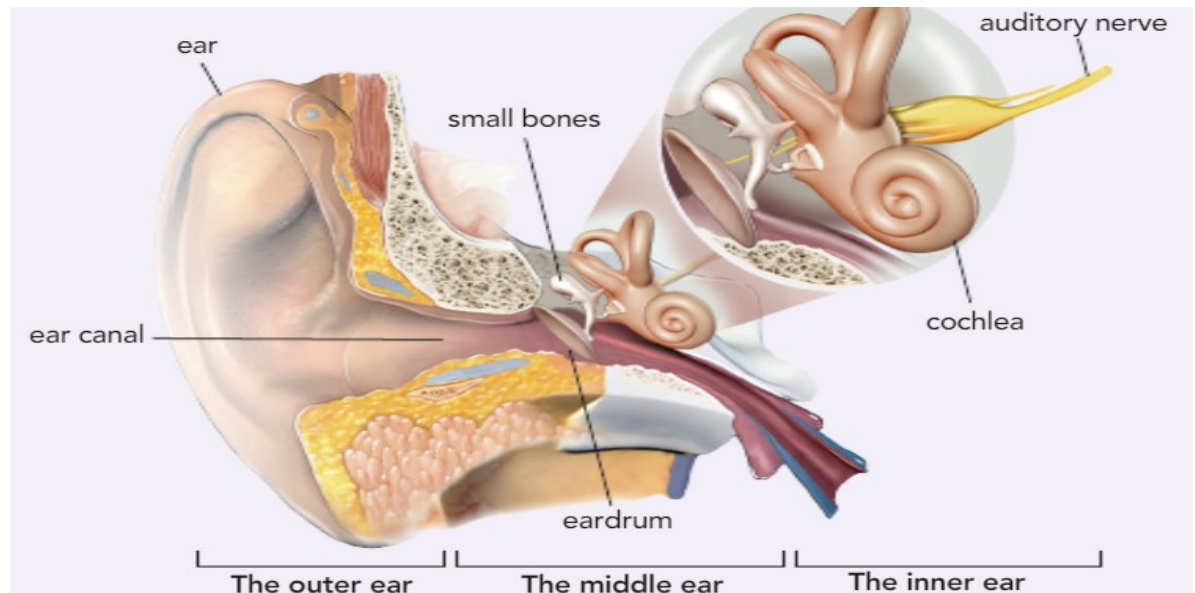
## -8.1 How do we see?

Eyes are the sense organs for **sight**



## -8.2 How do we hear?

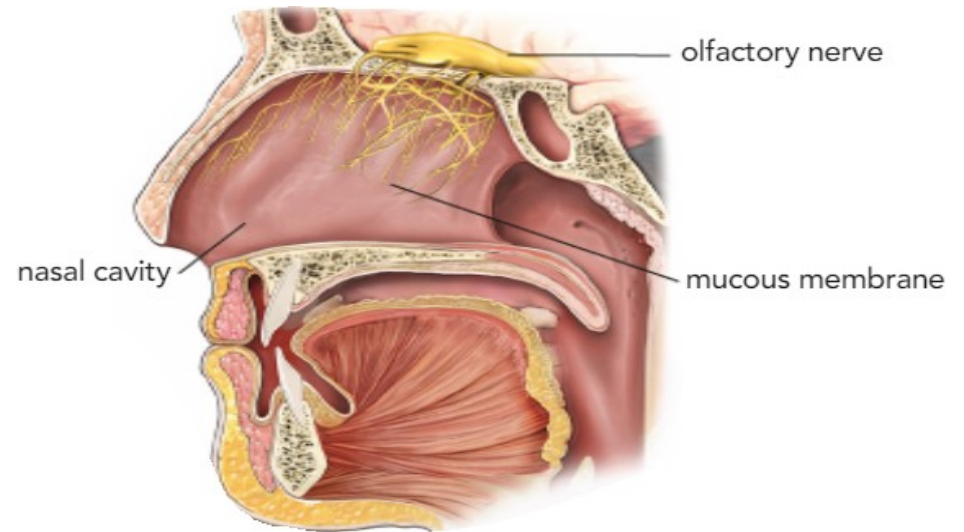
Ears are the sense organs for **hearing**



# 8- Our senses.

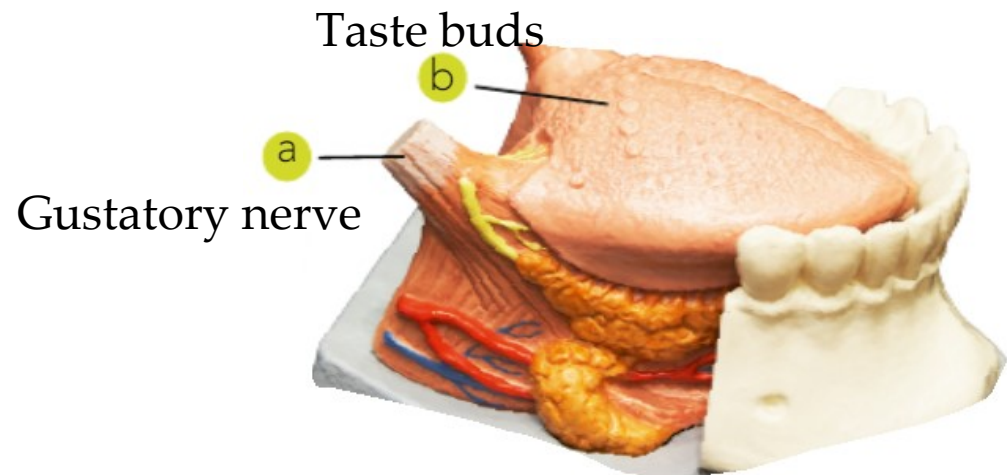
## -8.3 How do we smell?

**Nose** is the sense organs for **smell**.



## -8.4 How do we taste?

**Tongue** and **taste buds** are the sense organs for **taste**



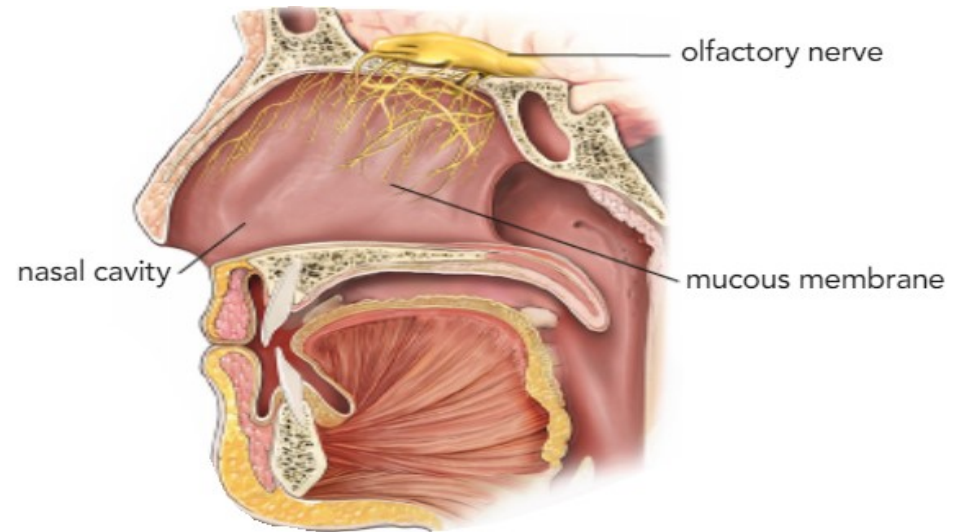
## - 8.5 How do we feel things we touch?

**Skin** is the sense organ for **touch**.

# 8- Our senses.

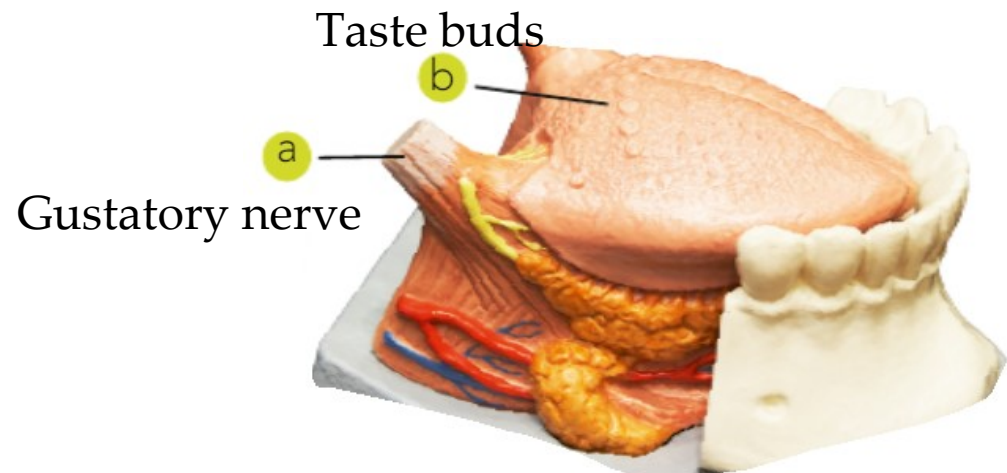
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**Skin** is the sense organ for **touch**.