

Health and Wellbeing: What helps us stay healthy?

PSHE

Year 1: Autumn 2

Sticky Knowledge



Key Vocabulary

Who helps you to stay healthy?

A: Yourself! Parents, doctors, dentists, nurses.

What are medicines used for?

Medicines are used to fight illness, to help people to feel better when they're sick, and to keep from getting sick in the first place.

What hygiene routines can you name and why are they important?

A: Washing/showering - keeping clean, brushing teeth, using tissues and sanitizing/washing hands, clean clothes.

They keep us clean and germ free and so help to prevent us getting ill or passing on germs.

Vocabulary

Definition

who: parent, dentist, doctor, nurse, self	These are people who will help keep them healthy.
vaccinations	a way to create immunity to (protection from) some diseases
medicines	a substance or preparation used in treating disease
immunisations	gives protection against some infectious diseases
hygiene	the way we care for our bodies
wash/ sanitize	to clean in order to kill or remove germs
sneeze	the body's way to remove something that is irritating your nose
cough	a reflex that helps your body clear your throat and lungs
germs	tiny organisms, or living things, that can cause disease
tissue paper	thin, soft paper, used for catching germs when coughing or sneezing
brushing teeth/hair	remove (dust or dirt) by sweeping or scrubbing