

1. The importance of exercise

- Physical activity or exercise can improve your health and reduce the risk of some diseases.
- Regular exercise improves your muscle strength which reduces the risk of injury.
- Exercise improves stamina, speed and strength. It keeps us fit and healthy.
- Regular exercise can help with stress as it releases chemicals from the brain that make you feel better.

3. Key Vocabulary

Exercise	To engage in physical activity for the purpose of being healthy
Stamina	The ability to do something for a long period of time
Energy	The strength needed to carry out a physical activity
Digestion	The process of food being broken down and distributed around the body
Balanced diet	A diet consisting of the different food groups eaten in a moderate way
Healthy	In a good physical condition
Food groups	The 5 different groups of foods

2. What do different foods do to our body?

Fruit and Vegetables	Provide vitamins and minerals to maintain a healthy digestive system.
Carbohydrates	Provide the body's main source of energy.
Proteins	Body uses proteins to build and repair tissues. Also needed to make enzymes that break down other foods.
Dairy	Help to build healthy bones and help to maintain a healthy weight. Healthy for the teeth and gums and are high in calcium.
Oils	A good source of vitamins. Help to reduce cholesterol levels.

4. Oral Hygiene

Oral hygiene means anything to do with your mouth.

Protecting and cleaning our mouths stops unwanted **chemicals and bacteria** damaging our mouths and getting into our bodies.

