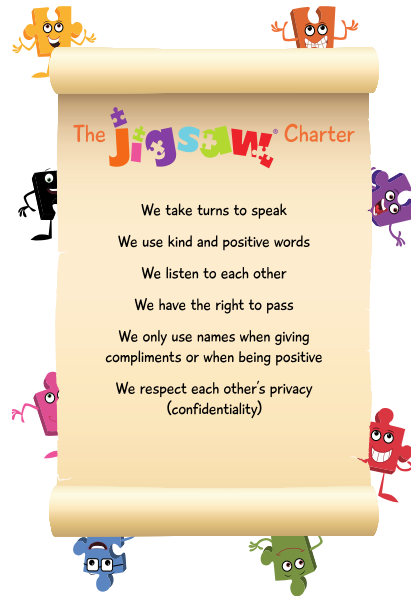




Key vocabulary	
Tense	To feel build-up of pressure on the mind
Relaxation	To refresh the body and mind
Dangerous	When something is not safe
Portion	A helping of food for one person
Lifestyle	The choices people choose to life their life in a particular way



Learning intentions
Please teach me to...
Know that there are different medicines and that they work in different ways.
Know and want to make healthy lifestyle choices.
Know that healthy snacks are good for your body and learn how to make one.
Know which foods give your body energy.

Reflective questions
Ask me this...
What does your body need to stay healthy?
What healthy snack do you know?
What medicines have you been given in the past and what they do to your body?
How does your body feel when you are stressed/relaxed?
What can we do to help our bodies stay relaxed?



Supporting texts	