**Understanding the World**

**Activity One**

Watch the power point about what being healthy means.

I am afraid you need to go onto the tes.com website

And register you can then download the Healthy Living power point.

I am sorry I cannot make this any easier for you. It is a good starting point so worth the faff!

Or Watch the clip

What your Body needs to stay healthy.

<https://www.youtube.com/watch?v=UxnEuj1c0sw>

See if your child can remember all of the things we need to do to stay healthy.

There are some posters to show things you need to do to stay healthy.

**Activity Two**

Try out the soap experiment.

You just need soap, water and pepper.

See sheet of instructions

**Activity Three**

Why do we need to eat healthy food?

Watch the clip below

<https://www.youtube.com/watch?v=mMHVEFWNLMc>

Sheet Healthy Eating Lunch

Cut out the healthy food and stick into the lunch box to make a healthy

lunch.

**Activity Four**

Show the children all of the items in your bathroom that they use to keep clean.

Shampoo

Body wash or bubble bath

Nail clippers

Nail brush

Comb or hair brush

Nit comb (If you have one)

Flannel

Toothpaste

Toothbrush

Toilet roll/wipes

Use the toilet bag sheet

To draw all of the items that they can remember and have a go at labelling them.

**Activity Five**

Sort the fruit and vegetables into ones that you like and don’t like.

See sheet

It would be good to try some new fruit and vegetables and see if you like them!