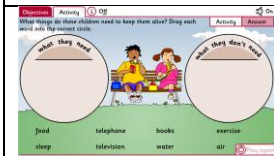


Keeping Healthy Activities – Looking after our bodies



What do we need to stay alive? Try this interactive game.

http://resources.hwb.wales.gov.uk/VTC/healthy_eating/eng/Introduction/StarterActivity.htm



What do we need to do to keep healthy?

<https://www.bbc.co.uk/bitesize/clips/zvdkjxs>

<https://www.bbc.co.uk/bitesize/clips/zgtr82p>



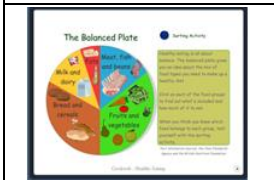
Parts of the body – do you know what our bodies are made up of?

<https://www.bbc.co.uk/bitesize/topics/z9yycdm/articles/zqhbr82>



Watch this video clip about growing and changing:

<https://www.bbc.co.uk/bitesize/clips/z4tmhyc>



Food sorting activity:

<http://www.crickweb.co.uk/ks2science.html#plate>



Healthy eating activity.

http://resources.hwb.wales.gov.uk/VTC/healthy_eating/eng/Introduction/default.htm

History Activities – Florence Nightingale and Edith Cavell



Find out interesting information about Florence Nightingale

http://www.bbc.co.uk/schools/primaryhistory/famouspeople/florence_nightingale/



Find out interesting information about Florence Nightingale

<http://www.nationalarchives.gov.uk/education/lesson40.htm>



Find out about Edith Cavell:

[Edith Cavell Information](#)

Term 1 - Health and Growth