



What will I know by the end of the unit?

We all look different.
 I will know what colour my hair is and what colour my eyes are.
 I am bigger now than when I was a baby.
 I can do things now that I couldn't do when I was a baby, like talking, running and cleaning my teeth.
 Exercise helps us to keep healthy. My body feels different when I exercise – I feel hot and out of breath.
 Fruit and vegetables are healthy foods.
 There are lots of different types of fruit and vegetables.
 Washing my hands is important as it gets rid of microbes.

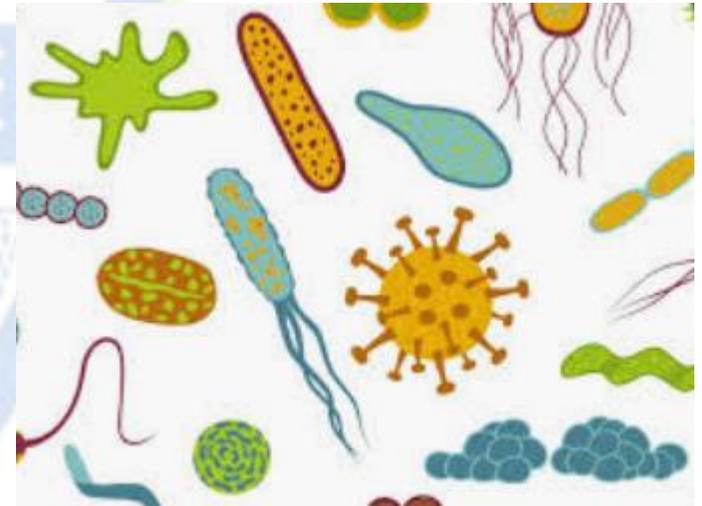


Values

Challenge	I'm challenging myself to try a new fruit or vegetable.
Commit	I am committed to keeping fit and healthy
Conquer	I will conquer any worries I have about trying new foods
Celebrate	We will celebrate our learning with our class

Technical vocabulary

grow	Get bigger and change from a baby to a toddler to a child
Exercise	running, jumping, skipping are types of exercise
Healthy	Fit and well
Microbe	Is a teeny tiny living thing. Most are good but some are bad and can make us poorly.
Virus	Is a type of microbe that can make us poorly
Bacteria	Is a type of microbe that can make us poorly



Microbes are so tiny, we can not see them.

