

Healthy me! - Teacher Answers and Information sheet

Here are the correct answers with some additional information (in red italics)

To stay alive I need...

air – oxygen

We need this all the time

To stay alive I need...

water

We need this every day

To stay alive I need...

food

We need this every day unless we are ill

To stay alive I need...

sleep

We need this every day

To stay healthy I also need...

plenty of exercise

We need this every day

To stay healthy I also need...

healthy food including lots of fruit and veg

We should aim to have at least 5 portions a day

To stay healthy I also need...

healthy food including dairy foods (milk, cheese etc.)

This helps to develop strong teeth and bones

I don't need these to stay alive. It's ok to have them just occasionally...

sweets, sugary drinks

Food with added sugar is particularly harmful to teeth

I don't need these to stay alive. It's ok to have them just occasionally...

crisps, cakes and biscuits

These have added fat, sugar or salt. Our bodies don't need much of these

Plenary:

Discuss with the class where they have placed their cards and use the information in red italics on the table above to fill any gaps in the children's knowledge or clarify any misunderstandings they might have.