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Healthy habits and safety







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Healthy habits and safety

A meal with variety



Name two different foods you recognise. How are they different?

THE IDEA

Different foods supply different nutrients. A plate with grains, pulses and vegetables brings several together.

CHECK YOUR THINKING

Which addition gives a rice meal more variety: more rice or a serving of dal?

> Dal adds a different food group and supplies protein as well as other nutrients.

Healthy habits and safety

Care for teeth



Look at the brush head. How could you reach the back teeth?

THE IDEA

A toothbrush helps clean tooth surfaces. Fluoride toothpaste helps protect teeth against decay.

CHECK YOUR THINKING

Why brush the inner and chewing surfaces as well as the front?

> Food and plaque can collect on surfaces you do not see in the mirror.

Healthy habits and safety

Handwashing matters



Trace a route around each finger that soap and water should reach.

THE IDEA

Soap, rubbing and rinsing help remove dirt and germs. Hands can carry germs even when they look clean.

CHECK YOUR THINKING

Should you wash your hands before eating if they look clean?

> Yes. You cannot see many of the germs that washing helps remove.

Healthy habits and safety

Rest helps us learn



What clues around the bed suggest that it is night?

THE IDEA

A regular sleep routine gives the body time to rest. Being well rested can help you pay attention.

CHECK YOUR THINKING

Why start a bedtime routine before you feel very tired?

> A familiar routine makes it easier to settle down and leave enough time for sleep.

Healthy habits and safety

Ask an adult



Look at the closed bottle. Which things about its contents are still unknown?

THE IDEA

An unknown bottle can hold something unsafe even if it looks like water. Leave it alone and tell a trusted adult.

CHECK YOUR THINKING

How could you find out about an unknown bottle safely?

> Tell a trusted adult where it is. Keep the lid closed and leave it in place.

ONE LAST CHALLENGE

What would you put in it?

Your class is going on a warm walk. You can take a clean bottle from home.



THE REVEAL

Safe drinking water.

You can take a drink along the way when you feel thirsty.

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