

STUDY NATURAL SCIENCE . UNIT 2. LOOK AFTER YOURSELF .

Your skull  protects your brain 

A helmet  protects your head. 

Knee pads  protect your knees 

Your ribs  protect your heart  and lungs 

To be healthy we need to...

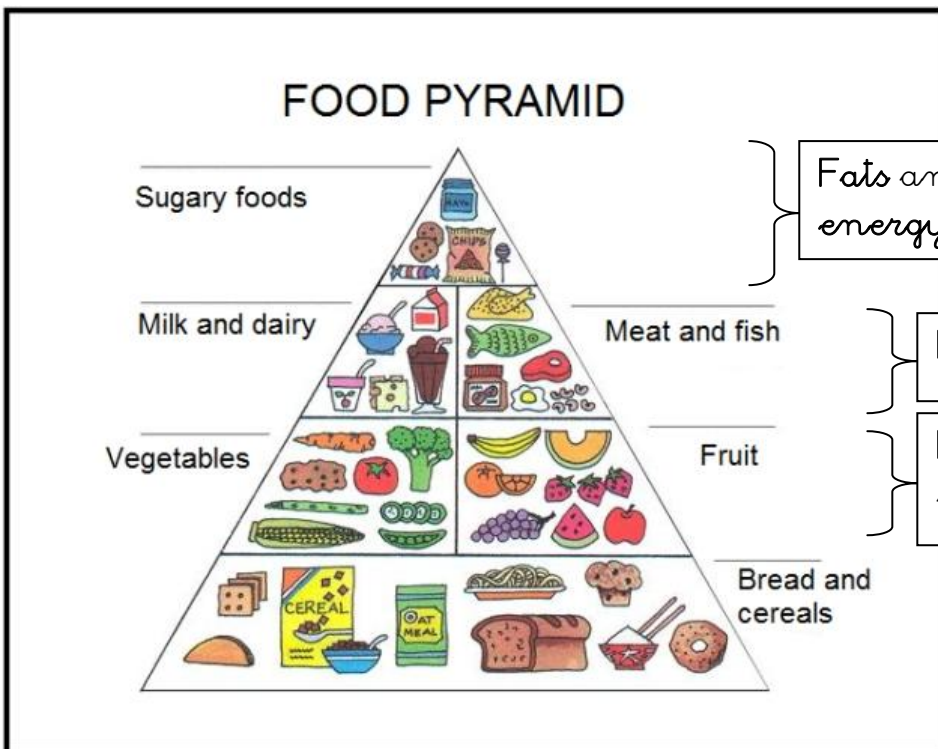
eat a healthy and balanced diet

do some physical exercise every day → 

sleep 8 hours at night → 

brush your teeth 3 times a day → 

wash your hands before you eat 



Fats and sugary food give us energy.

Proteins help us grow.

Fruit at vegetables keep us healthy

Carbohydrates give us energy