

# HEALTHY ME

## Jigsaw Jino's Journey

How do my choices affect my health?

### I will learn about...

- how exercise affects my body
- why my lungs and heart are important
- calories, fat and sugar and how they can affect my health
- drugs, including medicine
- how to keep myself safe
- how to call emergency services

attitude  
 anxious  
 scared  
 strategy  
 harmful  
 risk  
 safe  
 advice



oxygen  
 lungs  
 heart  
 fitness

### I will explore...

- setting myself a fitness challenge
- making healthy choices
- my feelings and attitudes towards drugs
- how being anxious or scared feels
- strategies for keeping myself and others safe
- how to appreciate my body

drugs  
 emergency  
 dangerous  
 emergency  
 ambulance  
 fire engine  
 police car  
 coastguard

labels  
 sugar  
 fat