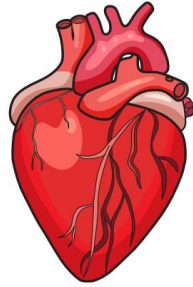


heart



the muscle inside the chest, which pumps blood around the body

exercise



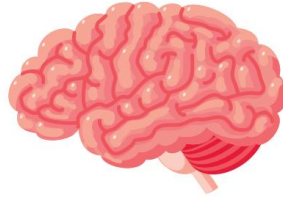
physical activity that makes the body strong and healthy

physical health



how well a person's body is working

**mental
health**



**how a person is feeling
inside their mind**

**healthy
diet**



**a diet that includes fruit,
vegetables and other
healthy food**

**unhealthy
diet**



**a diet that is high in
fat, sugar or salt**

meat



animals that are eaten for food

vegetable



a part of a plant that can be eaten, such as a stem, root or leaf

fruit



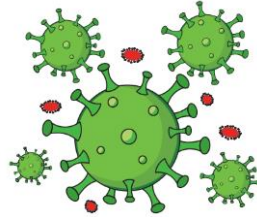
a part of a plant that can be eaten, and contains seeds

sugar



**a sweet substance that
comes from plants**

germs



**living things that are too
small to be seen by the
human eye**

hygiene



**keeping yourself and
your surroundings clean**

disease

when something goes wrong with the body to make you unwell

doctor



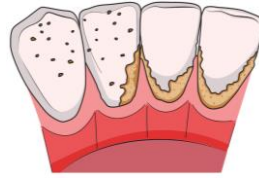
a person who looks after people when they are unwell

teeth



the hard structures in the mouth used to bite and chew through food

plaque



**a sticky coating made
by germs that can harm
the teeth and gums**

filling



**a special material that
is used to fill a small
hole in a tooth**