

What goes into our body and into our blood?



Food – helps us to stay healthy and gives us energy.



Drink – keeps us hydrated.



Medicine – to make us feel better when we are poorly.



Air – We need oxygen in the air to breathe.

What to do if we feel poorly?



Tell a trusted adult, like parents, teachers or doctors.



Drink lots of water.



Eat healthy food.



Get lots of sleep.



Have some fresh air.

Vocabulary Tier 3

Reliable oxygen

Vocabulary Tier 2

Food	safe
Drink	meet
Medicine	accept
Air	tell
Trusted	adult

Digital Lifestyles – Staying safe online

- S** Safe – Do not tell people personal details, tell a trusted adult.
- M** Meet – Do not meet people online, tell a trusted adult.
- A** Accept – Do not accept anything online, ask a trusted adult.
- R** Reliable – Do not believe everything you are told.
- T** Tell – Tell a trusted adult about anything straight away.

