

# Knowledge Organiser - Health

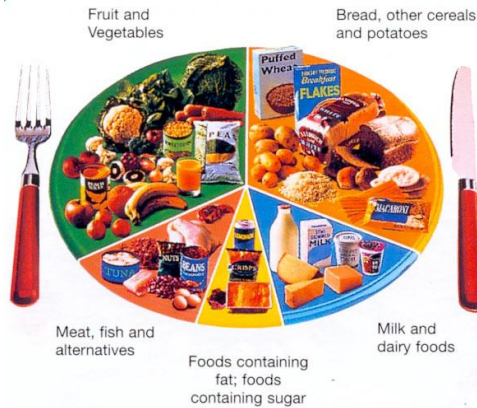
## Reception – UW/PD



Key Vocabulary	Definitions
Being Healthy	Being free from illness or injury and feeling good.
Hydrated	When the body has enough water
Exercise	Physical activity to improve health and fitness.
Wellbeing	Feeling comfortable, healthy, or happy.
Hygiene	Maintaining health and preventing illness, by staying clean.



Physical Exercise



Balanced Diet



Brushing Teeth



Hand Washing