

PSHE - Keeping / Staying Healthy

Ingredients

Items that are used to make food or a meal.



Energy

The power and ability to be physically and mentally active.



Repair

To put something that is damaged, broken, or not working correctly, back into good condition.



Vitamins

A group of natural substances that are necessary in small amounts for the growth and good health of the body.



Natural

From nature; not made or caused by humankind.



Saturated fat

A type of fat found in meat, eggs, milk, cheese, etc.



Decay

To become gradually damaged, worse, or less.



Design and Technology - Wheels and Axles

Vehicle

A thing used for transporting people or goods, especially on land, such as a car, lorry, or



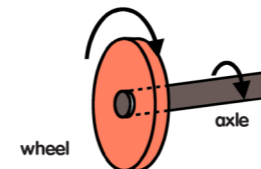
Wheel

A circular object that revolves on an axle and is fixed below a vehicle or other object to enable it to move easily over the ground.



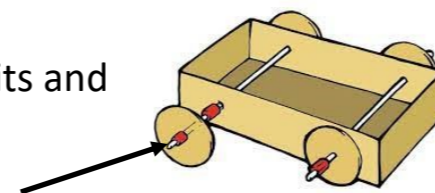
Axle

A rod or spindle passing through the middle of a wheel or group of wheels to help them rotate (spin).



Axle holder

The part which an axle fits and rotates.



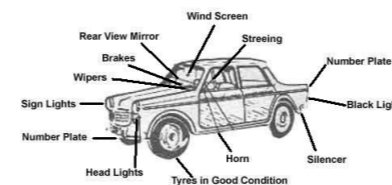
Chassis

The frame or base on which a vehicle is built.



Body

The body sits on top of the chassis and is where the vehicle passengers sit.



Computing - Online Safety

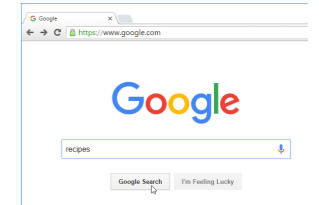
Digital footprint

The information about a person that exists on the Internet as a result of their online activity.



Search

Look for information using a search engine.



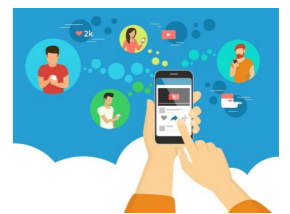
Internet

A way to send information from one computer to another anywhere in the world using technology such as phones, satellites and radio links.



Sharing

Post or repost (something) on a website.



Email

Messages sent by electronic means from one computer user to one or more people.



Attachment

A digital file sent with an email.



Key Vocabulary

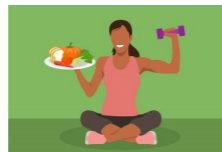
Please go through the key vocabulary (in this leaflet) with your child in preparation for next half term.

This will ensure they have a clear understanding of the meanings of the words and are able to say the words clearly, before coming across them in the lessons.

Science

Healthy

To have a strong and resilient body and mind.



Exercise

Physical activity to improve health.



Hygiene

Staying healthy and stopping illness through cleanliness.



Germs

A common cause of disease.



Disease

A type of serious illness.

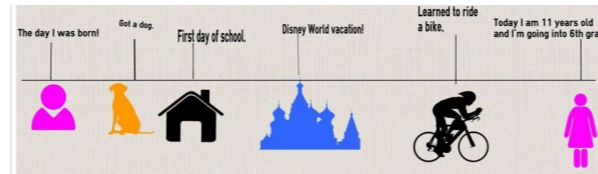
Food groups

Meat, fish, vegetables, bread, rice, pasta etc.

History

Timeline

A line showing things over time in order.



Compare

Seeing if things are similar or different



Past

What has happened before.



Present

What is happening right now.



Future

What has not happened yet.



Significant

Something that is important.



Event

Something significant that has happened.



Artefact

An object from the past.



Geography

Map

Maps show places, like the size and shape of countries.



Sketch map

A hand drawn map that shows basic details.



Features

The parts that make something whole e.g. nose, eyes, mouth are the features of a face.



Human features

Things that are made or built by humans.



Key

Explains what the symbols on the map mean.

Symbols

A picture to represent features on a map.

