

Year 5 Healthy Me: First Aid/Body Image

Key Vocabulary

Informed Decision	To make a decision based on information that is correct
Media	Methods of communication such as: TV, YouTube, Social Media, Newspapers/Magazines
Alcohol	A liquid that is contained in drink. It cannot be drunk until someone is 18
Cigarettes	Tobacco coated in paper to be smoked which can be very harmful to the body and banned until someone is 18
Body Image	How you feel about your own body
Eating Disorder	A mental health condition where you do not eat food properly, which can damage your health

Step-by-Step CPR Guide

1. Shake and shout



2. Call 911



3. Check for breathing



4. Place your hands at the center of their chest



5. Push hard and fast—about twice per second



6. If you've had training, repeat cycles of 30 chest pushes and 2 rescue breaths

