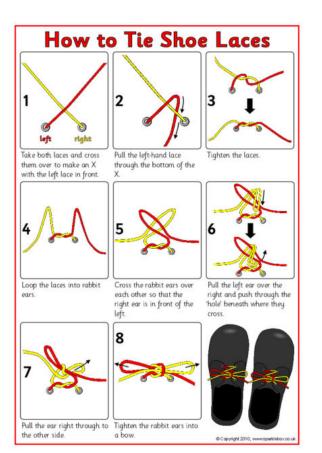


Year 2 Healthy Me: Keeping Myself Safe

Key Vocabulary	
Lifestyle	How you live your life
Motivation	Something inside us that makes to want to do something
Relax	To feel calm
Tense	Feeling nervous
Balanced Diet	Making you sure you eat food from the different groups
Nutrients	Substances that help your body get better
Stranger Danger	Always being careful around adults you do not know





The Redeem

rfifty