

# How do different parts of our bodies impact our health?

**Skills covered:** Understanding that the body and mind are connected: taking care of our body helps our minds and taking care of our minds helps our bodies.

## Key vocabulary:

• Kilojoules	Lungs
• Kilocalories	Brain
• Energy	Function
• Calorie	Hormones
• Portion	Neurodiversity
• Variety	Mind
• Nutrients	Body
• Risk	Connection
• Harm	Self care
• Sun damage	Coping
• Dental hygiene	Strategies

## Must—know knowledge:

- Our body needs energy from food to function, grow and be active.
- Calories and kilojoules are a measurement of the energy in the food we eat.
- We need different amounts of energy depending on our age, if we are male or female, and how active we are.
- The risks of not taking care of our bodies on our physical and mental health.
- Explain how our brain works.

