

Science – Animals Including Humans

- You have found out about how important it is to keep our bodies healthy by exercising and eating a balanced diet. Now you are going to make a poster giving people information on ways they can keep healthy. You may want to include information on –
 - Why we need to keep fit
 - What happens to our bodies when we exercise
 - Examples of different activities we can do
 - The different types of food we should be eating
- Remember that your poster should be informative and eye-catching!