




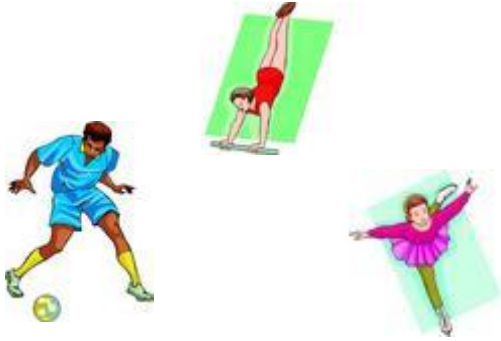





2A HEALTH AND GROWTH

<p>Glossary</p>	 <p>We need to eat and drink a variety of foods in order to grow and stay healthy.</p>	<p>Growth is a life process – all living things grow-</p>	 <p>Washing hands kills the germs that may make us sick.</p>
<p>growth – the life process where all living things – plants and animals - start small and grow bigger</p>	 <p>We need to exercise in order to stay healthy.</p>	 <p>- plants grow</p>	<p>When we are sick, the doctor might give us medicine to make us better.</p> 
<p>unhealthy – when we don't exercise or when we eat too much we say it is unhealthy.</p>		 <p>- animals grow</p>	<p>It is dangerous to take medicine that the doctor did not give us.</p> 
<p>healthy– when we are fit and well we say that we are healthy.</p>		<p>- we grow</p> 	
<p>variety – a mixture</p>			
<p>germs – tiny creatures that are too small to see. They can make us sick.</p>			

2A HEALTH AND GROWTH