Year 1 Science
Autumn 1

Seasons – Autumn

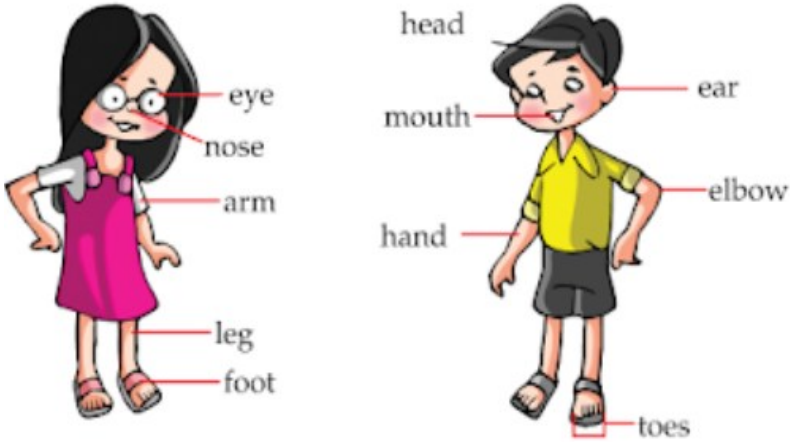
The Human Body and Healthy Eating

Healthy Lifestyle

- Drink plenty of water
- Regular exercise
- Have a balanced diet
- Have a good amount of sleep
- Drink lots of water



Body Parts



Autumn Clothing



Senses



Key Vocabulary



Sense: our 5 senses are sight, smell, taste, hearing and touch



Touch: using our skin to identify objects based on how they feel



Taste: using our mouth and tongue to identify food



Sight: using our eyes to identify what an object looks like



Hearing: using our ears to identify objects based on how they sound



Smell: using our nose to identify objects based on how they smell



Summer: the warmest season of the year, June to August in the UK



Winter: the coldest season of the year, December to February in the UK



Autumn: the season in which daylight becomes shorter and the temperature cools, September to November in the UK



Spring: the season in which vegetation begins to appear March to May in the UK