

OUR FIVE SENSES



sight

We use our eyes to see.



hearing

We use our ears to hear.



touch

We use our skin to feel.



smell

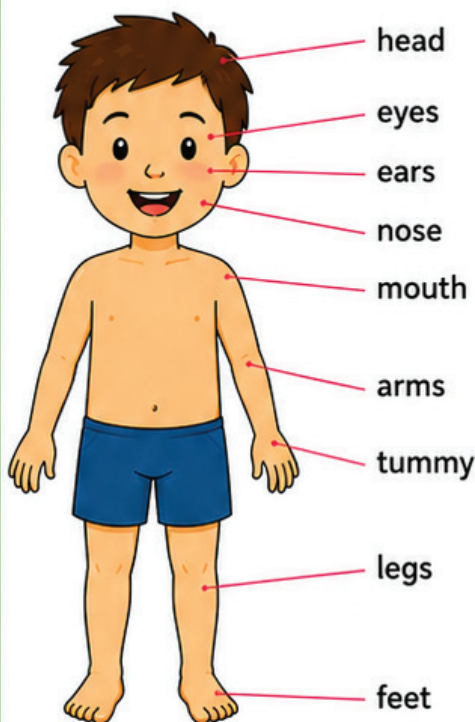
We use our nose to smell.



taste

We use our tongue to taste.

OUR BODY PARTS



WHAT DO WE NEED TO STAY ALIVE?



food



water



air

TAKING CARE OF OUR BODIES



Eat healthy food.



Drink lots of water.



Get enough sleep.



Wash our hands.



Be active every day.

KEY FACTS TO REMEMBER



Our eyes help us see.



Our ears help us hear.



Our skin helps us feel things.



Smells go into our nose.



We can taste 5 main flavours.



We need to take care of our bodies to stay healthy.