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Things that are good for bodies...

Things that are not so good for bodies...

How do you know?

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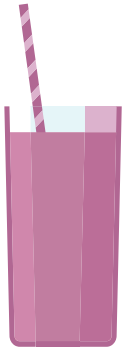

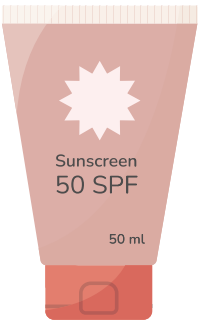

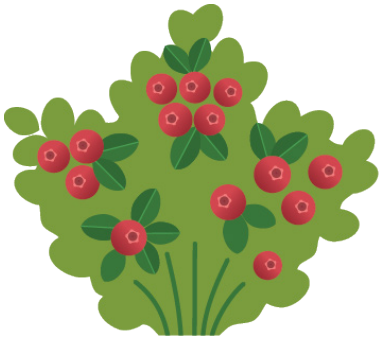

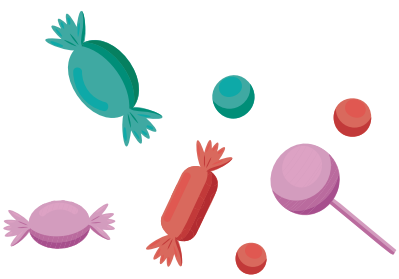

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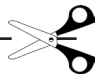
Helpful

Harmful



Both

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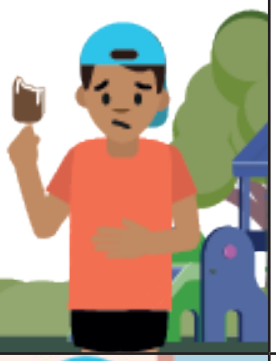
Fill in the boxes with a tick ☑ **for Helpful** and a cross ☒ for **Not helpful.**

Amrit has eaten too much ice-cream and is feeling a bit sick.



- a. **Eat more sweets** ☐
- b. **Drink water and have a rest** ☐
- c. **Jump up and down** ☐
- d. **Something else?** ☐

Amrit's skin has a rash - with little red spots.

- a. **Don't tell anyone** ☐
- b. **Use some of mum's face cream on it** ☐
- c. **Go with an adult to see a doctor** ☐
- d. **Something else?** ☐

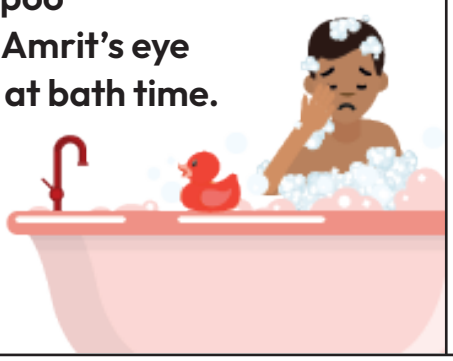
Amrit has dropped a can of black sticky liquid in the shed - it is spilt on the floor.

- a. **Leave it** ☐
- b. **Clean it up** ☐
- c. **Tell an adult** ☐
- d. **Something else?** ☐

Amrit has fallen over and has a grazed knee.

- a. **Wash it with water** ☐
- b. **Rub a leaf on it** ☐
- c. **Put washing-up liquid on it** ☐
- d. **Something else?** ☐

Some shampoo has gone in Amrit's eye by accident at bath time.



- a. **Wash the eye with water** ☐
- b. **Rub the eye** ☐
- c. **Hold a wet flannel on the eye** ☐
- d. **Something else?** ☐

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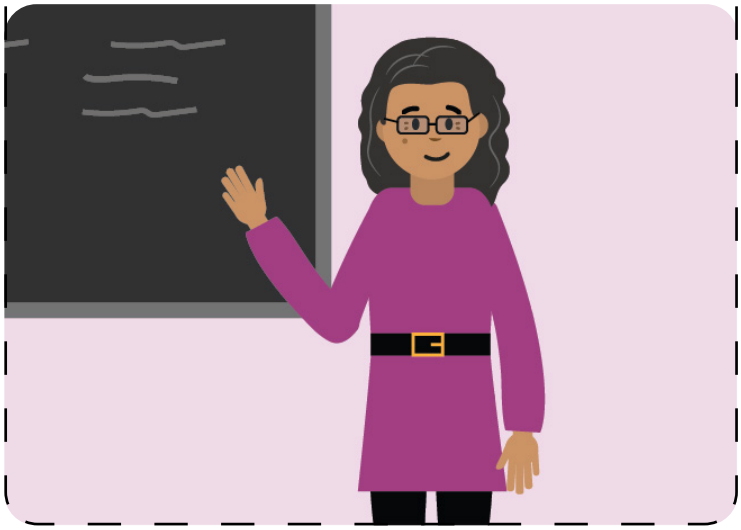
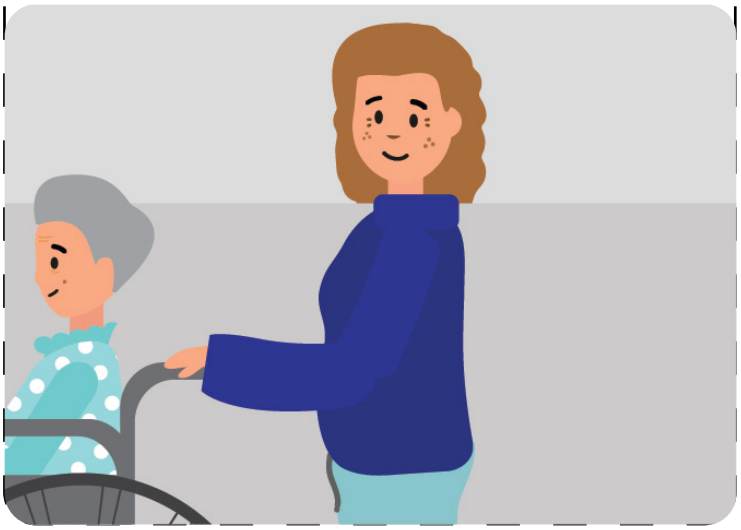
Teacher



Parent/carer

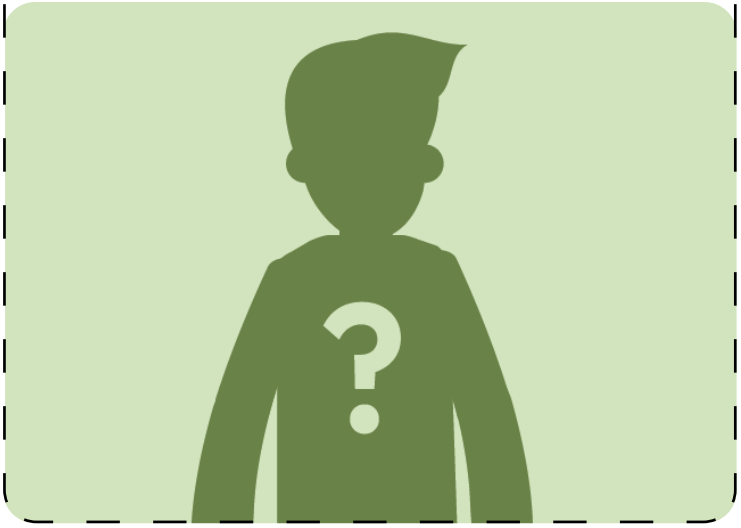


Friend

Doctor

No one

Someone else



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Warning! Can cause harm to bodies.

Catches fire easily. Very dangerous if used near fire.

Toxic to fish, ponds and rivers. Dangerous for wildlife.

Not suitable for children under 3 years old.

Keep out of reach for children.

Rinse hands after use.

Keep away from eyes. If any goes into the eyes – rinse immediately with water