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Superheroes

Heroes

A hero or heroine is a person who is admired because they are strong, brave or have other good qualities. Heroes can be real or imaginary.

Real-life heroes

Real-life heroes are ordinary people who may be brave, kind, determined or generous. They set a good example to others and can be admired.

People who work in the local community help others in their daily lives, such as librarians or doctors. People who work for the emergency services are heroes because they risk their lives to help others.



Firefighters are specially trained to help others in an emergency.

Historical heroes

Many people in history have been real-life superheroes.



Rosa Parks stood for equal rights for everyone.



Elizabeth Fry helped poor and sick people.



Thomas Fowell Buxton worked to improve prison conditions and ban slavery.



David Livingstone wanted to free people from slavery.

Superheroes

Superheroes are imaginary characters in comics, on television, in films or computer games. They fight evil and protect the public. Sometimes, superheroes have special powers, like super speed or the ability to fly. They always try to do the right thing.

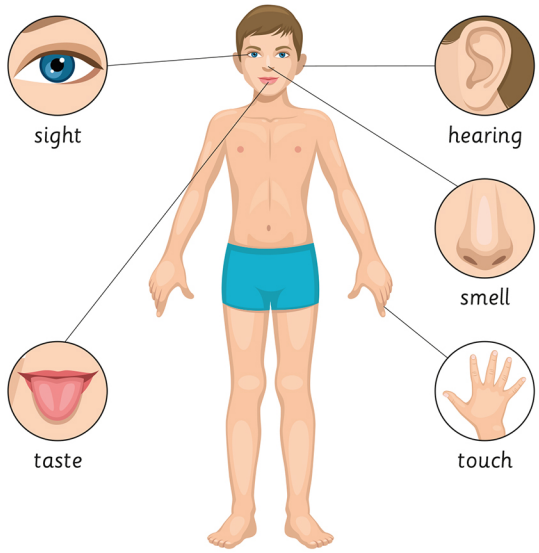
My super self

Super bodies

Human bodies are made up of bones and muscles that work together to help the body move. The main parts of the body are the arms, legs, head, nose, hands, feet, eyes, ears and mouth.

Super senses

People have five different senses. They are hearing, smell, sight, taste and touch. The ears are used to hear. The nose is used to smell. The eyes are used to see. The tongue is used to taste. The skin is used to touch. These senses help people in everyday life. The senses send messages to the brain to help us understand the world.



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Superfoods

Some foods help the body to grow strong and stay fit and well. These foods are sometimes called superfoods. They contain vitamins and minerals that help the body.

Vitamin A helps the body to fight infections. Carrots contain vitamin A.



Vitamin C keeps the skin, blood and bones healthy. Peppers and oranges contain vitamin C.



Potassium keeps the blood and heart healthy. Bananas are a good source of potassium.



Fibre keeps the stomach and intestines healthy. Blueberries and nuts contain lots of fibre.



Internet safety

Using the internet is a great way to find out information, communicate with others and play games. It is very important to stay safe when using the internet.

Watching videos

It can be fun to watch videos online, such as on YouTube. Make sure you watch videos with a grown up.



Chatting online

Some people are not who they say they are online. Make sure you only talk to people you know and trust.



Personal information

You should never post any personal information online, such as your name, address or date of birth.



Always tell an adult if you see or hear something strange or upsetting online.

Glossary

admire	To respect and look up to someone or something.
emergency service	Groups of people who deal with accidents and problems, such as illness, fire and crime. The fire service, police, ambulance service and coastguard are emergency services.
equal rights	The fair treatment of everyone.
hero	A person who is admired because they are strong, brave or have other good qualities.
heroine	A woman who is admired because she is strong, brave or has other good qualities.
online	Connected to the internet.
power	A special ability or skill.
slave	A person who is owned or controlled by someone else.
vitamins and minerals	Natural substances that are found in foods and are important for the growth and health of the body.

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