



Year 2 - Spring - PSHE Knowledge Organiser Healthy Me

What I already know...

In year 1, the children talked about healthy and unhealthy choices and how these choices make them feel. They talked about hygiene, keeping themselves clean and that germs can make you unwell. The children learnt about road safety as well as people who can help them to stay safe.

What I will learn...

what their body needs to stay healthy
 what relaxed means
 what makes them feel relaxed / stressed
 how medicines work in their bodies
 that it is important to use medicines safely
 how to make some healthy snacks
 why healthy snacks are good for their bodies
 which foods give their bodies energy

Desire to make healthy lifestyle choices
 Identify when a feeling is weak and when a feeling is strong
 Feel positive about caring for their bodies and keeping it healthy
 Have a healthy relationship with food
 Express how it feels to share healthy food with their friends

Key Vocabulary

Nutritious	Nutrition is the study of food and how it works in your body. Nutrition includes all the stuff that's in your food, such as vitamins, protein, fat, and more.
Motivation	Motivation is the force to keep going even when things are tough.
Lifestyle	A lifestyle is a way of living or doing things.
Healthy choices	Healthy eating means eating a variety of foods so that your child gets the nutrients (such as protein, carbohydrate, fat, vitamins, and minerals) he or she needs for normal growth.
Medicines	a drug or other substance used to treat a disease, injury, pain, or other symptoms
Relaxation	Relaxing is a way to quiet your body — to make it calm even when there are a lot of things going on around you or inside you



Making a difference at The Merton

In this Puzzle the class learn about healthy food; they talk about having a healthy relationship with food and making healthy choices. The children talk about things that make them feel relaxed and stressed. They talk about medicines, how they work and how to use them safely. The children have a go at making healthy snacks and also discuss why they are good for their bodies

Making a difference at home

Questions you may want to ask:
 What does your body need to stay healthy?
 What does relaxed mean?
 What makes you feel relaxed / stressed?
 What types of medicine have I given you? What are they for?
 What healthy snack shall we make and eat together?
 What snacks could you eat before exercise?
 How can Calm Me time help you stay healthy?