

Year 2 - Healthy Me!

Spring 2

Key vocabulary

Healthy choices	Lifestyle
Motivation	Relax
Tense	Calm
Healthy	Unhealthy
Dangerous	Medicines
Safe	Body
Portion	Balanced diet
Proportion	Energy
Fuel	Nutritious

Sequence of learning:

- Knowing how to keep healthy
- Showing or telling what relaxed means and knowing things that make people relaxed or stressed
- Understanding how medicines work in the body and how important it is to use them safely
- Sorting foods into the correct food groups and know which foods a body needs every day to keep healthy
- Making some healthy snacks and explain why they are good for the body
- Deciding which foods to eat to give body energy

Hello
I'm Jigsaw Jo



Key Skills of Knowledge and Understanding

I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help.

I can express how being anxious or scared feels.

Final outcome:

Healthy Snack Recipes

Children have to think carefully about what they have learnt to build a picture of what they need to do to keep their brain healthy, what to do to keep their body healthy and how healthier choices make them feel.

