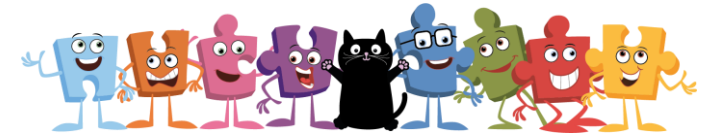


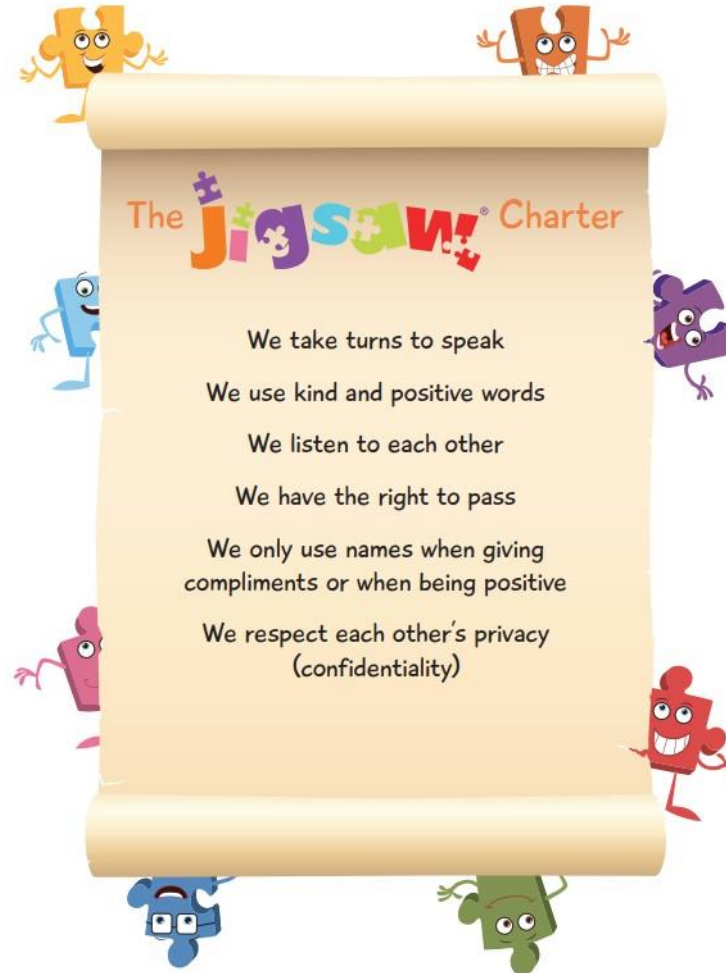


Year 2 Knowledge Organiser Healthy Me



Vocabulary:

 healthy	 unhealthy	 lifestyle
 motivation	 relax	 calm
 dangerous	 medicine	 safe
 body	 balanced diet	 nutrition



The Jigsaw Charter

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive
- We respect each other's privacy (confidentiality)

In this topic we will:

- learn what I need to keep my body healthy
- know what relaxed means and know some things that make me feel relaxed and some that make me feel stressed
- understand how medicines work in my body and how important it is to use them safely
- sort foods into the correct food groups and know which foods my body needs every day to keep me healthy
- make some healthy snacks and explain why they are good for my body
- understand which foods to eat to give my body energy

Questions to get you thinking:

- What does it mean to be healthy?
- Why is it important to keep healthy?
- How do you keep yourself healthy?
- How can you tell if others are calm or are not calm?
- How do you know if something is a medicine?
- What do you know about a healthy, balanced diet?
- Which foods do you need every day to keep you healthy?
- Why do we need to eat a range of different foods?