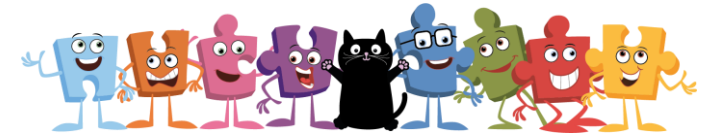


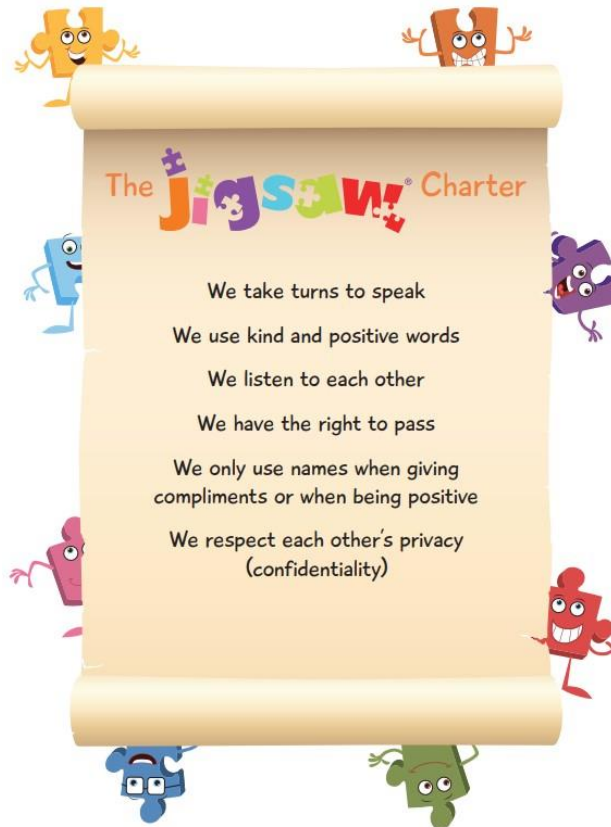


Year 1 Knowledge Organiser Healthy Me



Vocabulary:

 healthy	 unhealthy	 balanced
 sleep	 exercise	 choice
 hygienic	 safe	 medicine
 trust	 keeping clean	 road safety



In this topic we will:

- understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy
- know how to make healthy lifestyle choices
- know how to keep myself clean and healthy, and understand how germs cause disease/illness
- know that all household products including medicines can be unsafe if not used properly
- understand that medicines can help me if I feel poorly and know how to use them safely
- know how to keep safe when crossing the road
- explain why I think my body is amazing and can identify ways to keep it safe and healthy.

Questions to get you thinking:

- What does it mean to be healthy/unhealthy?
- Why do we need to have a good amount of sleep?
- Why do we need to exercise?
- Why should you wash your hands after using the toilet?
- What healthy choices can we make?
- Why do we keep ourselves clean?
- Why do we have medicine?