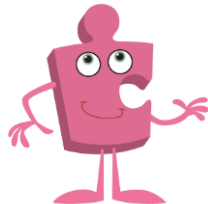




Year:	Year 2	Unit:	Healthy Me
What will I learn this year? - Know what their body needs to stay healthy - Know what relaxed means - Know what makes them feel relaxed / stressed - Know how medicines work in their bodies - Know that it is important to use medicines safely - Know how to make some healthy snacks - Know why healthy snacks are good for their bodies - Know which foods give their bodies energy			
			
Key Vocabulary		What should I already know?	
Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Healthy, Unhealthy, Dangerous, Medicines, Safe, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious.	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.	- Know the difference between being healthy and unhealthy - Know some ways to keep healthy - Know how to make healthy lifestyle choices - Know how to keep themselves clean and healthy - Know that germs cause disease / illness - Know that all household products, including medicines, can be harmful if not used properly - Know that medicines can help them if they feel poorly - Know how to keep safe when crossing the road - Know about people who can keep them safe	
		What will I learn next?	
		- Know how exercise affects their bodies - Know why their hearts and lungs are such important organs - Know that the amount of calories, fat and sugar that they put into their bodies will affect their health - Know that there are different types of drugs - Know that there are things, places and people that can be dangerous - Know a range of strategies to keep themselves safe - Know when something feels safe or unsafe - Know that their bodies are complex and need taking care of	

