

What should I already know?

- The situations in which I may need to keep myself safe.
- The clues my body gives when I am unsafe.
- Who I can speak to if I feel unsafe.
- The things I can do to feel good and healthy.
- Why food and drink are good for us.
- That exercise and sleep are both important.

Key Knowledge

- To know about the range of things that help to keep me healthy and how that feels.
- To understand why healthy eating is good for me
- To understand the difference between active and inactive and to know the benefits of exercise.
- To recognise how foods fit within basic food groups and what makes a balanced meal.
- That we need food to grow and be healthy.
- That we should eat 5 portions of fruit and vegetable every day.

Key Vocabulary and definitions

Healthy	In a good physical condition.
Active	Taking part in a physical activity.
Hydration	The process of absorbing water.
Hygiene	Keeping clean and maintaining health to prevent disease.
Rest	To relax, recover and sleep.
Balanced diet	Eating food from a variety of different food groups.
Inactive	Not taking part in physical activities.
Unhealthy	Not having good physical health.
Food groups	Categories into which food can be sorted.
Protein	Types of food that help to support muscles and organs.
Carbohydrate	Foods that are in important source of energy.
Hungry	Feeling or showing the need for food.

