



Knowledge Organiser Year 2. Healthy Me



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.

Knowledge (substantive)	Social and Emotional skills (disciplinary)	Vocabulary
<ul style="list-style-type: none">• 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 given their bodies energy	<ul style="list-style-type: none">• Desire to make healthy lifestyle choices• Identify when a feeling is weak and when a feeling is strong• Feel positive about caring for their bodies and keeping it healthy• Have a healthy relationship with food• Express how it feels to share healthy food with their friends	Healthy choices, lifestyle, motivation, relax, relaxation, tense, calm, healthy, dangerous, balanced diet, portion, proportion, energy, fuel, nutritious.

Week and Vocabulary	PSHE learning intention	Social and emotional development learning intention
1. Being Healthy <ul style="list-style-type: none"> • <i>Healthy choices</i> • <i>Lifestyle</i> • <i>Motivation</i> 	I know what I need to keep my body healthy	I am motivated to make healthy lifestyle choices
2. Being Relaxed <ul style="list-style-type: none"> • <i>Relax</i> • <i>Relaxation</i> • <i>Tense</i> • <i>Calm</i> • <i>Stress</i> 	I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed	I can tell you when a feeling is weak and when a feeling is strong
3. Medicine Safety <ul style="list-style-type: none"> • <i>Healthy</i> • <i>Dangerous</i> • <i>Medicines</i> • <i>Safe</i> • <i>Body</i> 	I understand how medicines work in my body and how important it is to use them safely	I feel positive about caring for my body and keeping it healthy
4. Healthy Eating <ul style="list-style-type: none"> • <i>Healthy</i> • <i>Balanced diet</i> • <i>Portion</i> 	I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy	I have a healthy relationship with food and know which foods I enjoy the most

5. Healthy Eating <ul style="list-style-type: none"> • <i>Healthy</i> • <i>Balanced diet</i> • <i>Energy</i> • <i>Nutritious</i> 	I can make some healthy snacks and explain why they are good for my body	I can express how it feels to share healthy food with my friends
6. Happy, Healthy Me! <ul style="list-style-type: none"> • <i>Healthy</i> • <i>Unhealthy</i> • <i>Balanced diet</i> • <i>Nutritious</i> • <i>Energy</i> 	I understand which foods to eat to give my body energy	I have a healthy relationship with food and I know which foods are most nutritious for my body