

Spring 2

Y2

Theme: Healthy Me



Vocabulary	Definition
Healthy	Food that gives you all the nutrients you need
Unhealthy	Food that does not give you all the nutrients and energy you need
Balanced	Eating a little bit of all types of food
Nutritious	Something that is full of nutrients and healthy to eat
Relax	When you are calm and not stressed
Tense	When you are nervous or anxious
Medicines	Doctors can give you these to make you feel better



Lesson 1 – What different things can make and keep your body healthy?

Lesson 2 – What can I do to relax and how can I remain calm and not stress?

Lesson 3 – What are the good medicines that help my body recover and heal?

Lesson 4 – What are the different types of food and what is a balanced diet?

Lesson 5 – What food give us quick energy and which foods give us energy for longer amounts of time?

Lesson 6 – Which snacks are healthy and why?

Y2 – Healthy Me - Progression

- I can make a healthy snack with help, and I can tell you why it is good for my body
- I can say how I feel about eating healthy food
- 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
- I can identify and prepare snacks that are healthy, and explain my choice by saying why they are good for my body
- I can compare my own and my friends' choices and can express how it feels to make and share healthy food together