

Healthy Me



Jigsaw

Term 4



What should I already know?

- To understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy.
- To know how to make healthy lifestyle choices.
- To know how to keep myself clean and healthy, and understand how germs cause disease/illness.
- To understand that medicines can help me if I feel poorly and I know how to use them safely.
- To know how to keep safe when crossing the road, and about people who can help me to stay safe.
- To recognise how being healthy helps me to feel happy.

What am I going to learn?

I am going to learn:

- To know what I need to keep my body healthy.
- To know what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed.
- To understand how medicines work in my body and how important it is to use them safely.
- To know sort foods into the correct food groups and know which foods my body needs every day to keep me healthy.
- To which foods to eat to give my body energy.

Key Vocabulary

Lifestyle	Healthy choices	Motivation	Relaxation
Calm	Tense	Healthy	Unhealthy
Body	Medicines	Dangerous	Safe
Balanced diet	Portion	Nutritious	Energy / Fuel

