Year 2: Healthy Me

Subject specific vocabulary	
healthy	To be **healthy** is to give our body what it needs.
energy	Food gives our bodies **energy** to move and think.
balanced diet	A **balanced diet** is eating more of some foods (fruits and vegetables) and less of others (fats).
medicine	We can take **medicine** if we are feeling poorly.
relaxation	We know ways to help our body and mind feel relaxed.

If you are worried, speak to an adult.



Questions for family learning

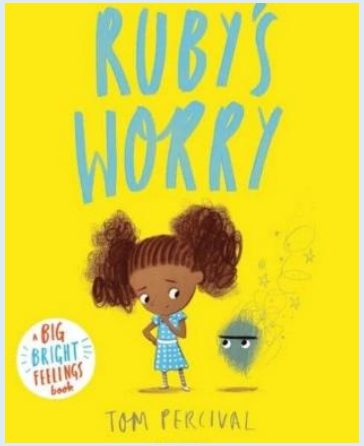
What does your body need to stay healthy?

What types of medicine have you had before? What were they for?

What makes you feel relaxed / stressed?



Interesting Books:





Sticky knowledge

Have a strategy to use when feeling stressed (eg. count to 10, take a deep breath).

Identify the different food groups - fruit and vegetables, carbohydrates, dairy, proteins and fats.

Know to eat more of some foods and less of others.



Know how medicines work and how to take them safely.



