

## Lesson Structure:

Charter > Connect Us >  
Calm Me > Open My Mind >  
Tell Me or Show Me > Let Me learn  
Help Me Reflect



# Healthy Me Year 2

## Big Question:

What can I eat to keep my body healthy?

## Assessment Outcomes:

I can explain why foods and medicines are good for my body, comparing my ideas with less healthy/ unsafe choices. I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices.

I know what I need to keep my body healthy. I am motivated to make healthy lifestyle choices.

**Healthy choices, Lifestyle, Motivation**

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.

**Relax, Relaxation, Tense, Calm, Stress**

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.

**Healthy, Unhealthy, Dangerous, Medicines, Safe, Body**

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.

**Healthy, Unhealthy, Balanced diet, Nutritious, Energy**

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.

**Healthy, Unhealthy, Balanced diet, Energy, Fuel, Nutritious**

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.

**Healthy, Unhealthy, Balanced diet, Portion, Proportion**

## Key Vocabulary

Healthy choices, Lifestyle, Motivation, Relaxation, Dangerous, Balanced diet, Portion, Proportion, Nutritious, Relax, Calm, Fuel, Tense, Energy



## Threads

**Health & Wellbeing**