



Key Facts		Social and Emotional Skills	
<p>Know what their body needs to stay healthy</p> <ul style="list-style-type: none">• 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	
Key Learning:		Prior Learning:	Books to support
<p>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.</p>		<p>Know the difference between being healthy and unhealthy • Know some ways to keep healthy • Know how to make healthy lifestyle choices • Know how to keep themselves clean and healthy • Know that germs cause disease / illness • Know that all household products, including medicines, can be harmful if not used properly • Know that medicines can help them if they feel poorly • Know how to keep safe when crossing the road • Know about people who can keep them safe</p>	

Subject Specific Vocabulary	
Key word	Definition
Healthy choices	good for you
Lifestyle	The way you live
Motivation	Desire to do things
Relaxation	Restful
Healthy	good for you
Unhealthy	Bad for you
Medicines	Treatment given by doctor
Balanced diet	Eating a mix of food
Portion	Measured amount of food
Nutritious	Full of vitamins, minerals or protein