

KNOWLEDGE ORGANISER: Healthy Me



How can I look after myself?

What foods are healthy and unhealthy?

What exercises can I do to keep healthy?

What is your favourite fruit and why?

We will be:

Exploring different foods.

Sorting healthy and unhealthy foods.

Tasting different healthy foods.

Exploring how to move different parts of our bodies and how we can use our bodies for different things.

Thinking about how we can look after our bodies.



Key information:

Everyone needs food to survive. Food gives us the energy we need to move our bodies and do the different things we do each day, like walking and playing.

Some foods are healthier for us than others. This means they are better for our bodies.

Some healthy foods are apples, strawberries, grapes, bananas, peas, carrots, broccoli and sweetcorn.

Some unhealthy foods are crisps, chocolate, sweets and cakes.

Key vocabulary:

Healthy

Unhealthy

Fruit

Vegetables

Water

Exercise

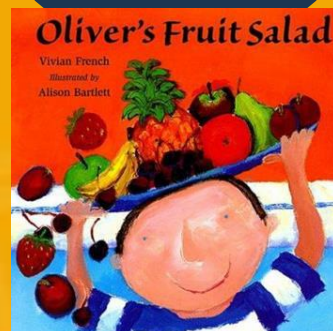
Yoga

Running

Walking

Jumping

Listen to the story Oliver Fruit Salad!



LEARNING MAP



Rising 3's - (2-3YO)

Can they listen to a story?

Can they name a fruit and draw picture of it?

Rising 4's – (3-4YO)

Can they learn more about the different food groups and a balanced diet?

Can they prepare a healthy recipe?

Future Learning

Reception – Healthy Me

Know about the different factors that support their overall health and well-being

Linked Texts

Yoga babies – Fearne Cotton

Oliver's fruit salad – Vivan French

Oliver's vegetables – Vivan French

Our Values

Courage – I will show courage by not crying

Enthusiasm – I will show enthusiasm by taking part in my work

Pride – I will show pride by wearing m nursery uniform

Respect – I will show respect by helping my teachers and peers

Hope – I will show hope by always trying my best



Learning at home

Find some food in your home and sort them into healthy and unhealthy piles

Can you find a healthy recipe and cook it at home?

Can you try a fruit or vegetable you've never tried before?