

Healthy Living

What should we already know?



- That it is important to eat healthy choices.
- That it is important to get plenty of exercise.

Healthy Eating

- Children will be able to name key things needed for a healthy diet.
- Children will be able to name the different food groups, and use them to design a healthy meal.
- Children will be able to name unhealthy foods which should only be consumed in moderation.

Healthy Exercise

- Children will be able to explain why exercise is important.
- Children will be able to state how often they should exercise.
- Children will be able to name some of the physical changes that happen during exercise.
- Children will be able to name some ways of exercising.

Key Skills:

As a class, children should be able to design an investigation. Children will be able to fill in a simple table to track results.

Key Vocabulary

Healthy- doing things to take care of your body and be well.

Unhealthy- doing this that will harm your body or make you ill.

Fruit and vegetables- a source of vitamins, minerals and fibre.

Carbohydrates- starchy foods that give energy.

Protein- foods that help us grow and build muscle.

Calcium- foods for strong bones and teeth.

Exercise- an action that keeps muscles and bones strong, and makes us feel happy.

Resting- giving time to help our bodies recover and rebuild.

Hygiene- keeping clean to stop germs spreading.

Medicine- medicine can help make us better when we're ill.

Assessment

- Explain what 'healthy' means.
- Explain what 'unhealthy' means.
- Explain what exercise is.
- Name the different food groups.
- Explain which foods should be eaten in moderation.
- Explain why exercise is important.
- Explain why a healthy diet is so important, and use the eatwell plate to design one.



Healthy Living

1. How many food groups can you name?

2. What happens to your body when you exercise?

3. What happens to your body when you eat too many unhealthy foods?

4. Give an example of a healthy snack:

5. What does hygiene mean?
