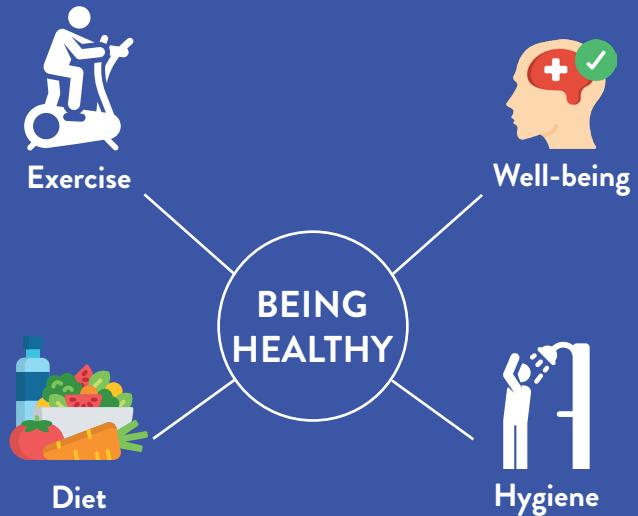


HEALTHY ME

Core Learning of This Unit

- Exercise, eating the right amounts of different types of food, and hygiene are important for human being's health.
- What children can do to be safe and happy. (Social and Emotional Health).
- Exercise gives our heart a work-out, strengthens our muscles in different parts of the body, keeps us flexible and makes us feel good. (Physical Health)
- Fruits and vegetables (rich in vitamins) help reduce tooth decay, are good for the eyes, help us go to the toilet, keep our heart healthy, are low in calories, keep our brains healthy and help our lungs to work better.
- Personal hygiene is important to keep us healthy. e.g. washing hands before eating.



Prior Learning & Curriculum Links



Prior learning

- Year 1: Animals (including humans) need food. Some eat meat (carnivores), some eat plants (herbivores) and some eat meat and plants (omnivores).

Curriculum Links

- Humanities: Diseases in the past e.g. plague.
- Eco Links: Growing our own food.
- PSHCE: Understanding how actions and words can affect how people feel.

Working Scientifically



- Perform simple tests (for example, using glitter gel to find out how germs are spread).
- Identify and classify food items into different food groups.
- Gather and record data to help in answering questions, (for example, find out about the activities people do to keep fit).

Vocabulary



- Exercise:** Moving parts of the body to become stronger and healthier.
- Healthy:** Feeling well and happy.
- Hygiene:** The things we do to keep our body clean and help stop the spread of germs.
- Germ:** Germs are tiny living things we cannot see with our eyes. They can live on our bodies, and can cause disease.
- Vitamins:** Means vital for life.
- Calories:** A unit of energy.



Significant People

Dame Ellen MacArthur: In 2005, braving the savagery of the southern seas, she broke the world record for the fastest solo circumnavigation of the globe, taking 71 days, 14 hours, 18 minutes and 33 seconds.