

# Year 2– Knowledge Mat– PSHE *Healthy Me*

## Vocabulary

word	definition
exercise	Keeping the body healthy through being active
healthy	Being free from sickness, well and fit
nutritious	Providing nourishment to a high degree, having a large amount of vitamins or minerals
medicines	Something , a pill or liquid to prevent , cure or relieve symptoms of an illness
relax	To feel more at ease, to rest by doing nothing or something enjoyable

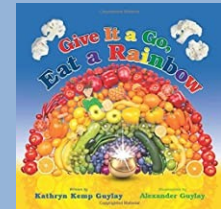
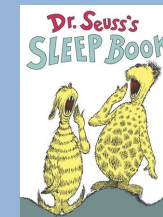
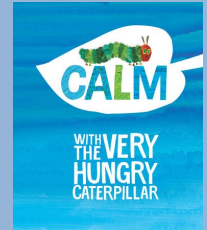
### Key Vocabulary

Healthy choices, lifestyle , motivation, tense, calm, unhealthy, medicines, dangerous, balanced diet, portion, energy, fuel

## Focus

- Know what their body needs to stay healthy
- know what relaxed means
- Know what makes them feel stressed/relaxed
- Know that it is important to use medicines safely
- Know why healthy snacks are good for their bodies
- Know which foods give their body energy

## Interesting Books



## Home Activities

- Play an active game
- Help to prepare a healthy meal or snack
- Draw your bedtime routine in the order that you do it
- Make a 'keep your hands clean' poster