

PSHE Knowledge Organiser



PSHE Strand/ Year Group

Healthy Me - PSHE

Overview

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.

Knowledge

- Know what their body needs to stay healthy
- 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 give their bodies energy

Key Vocabulary

Healthy choices	Body
Lifestyle	Balanced Diet
Motivation	Portion
Relax	Proportion
Relaxation	Energy
Tense	Fuel
Calm	Nutritious
Healthy	
Unhealthy	
Dangerous	
Medicines	
Safe	

Social and Emotional Skills

- 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