



Year 2 PSHE Knowledge Organiser Autumn 1- Healthy Self



Key Vocabulary

Active	using lots of energy to move around, play, and do things, rather than sitting still or being lazy
Exercise	moving our bodies using energy to stay strong and healthy. It makes our hearts beat faster.
Five-a-day	to eat at least five parts of different fruits and vegetables every day
Healthy habits	the daily routines and actions that help our bodies and minds grow strong, happy, and well
Bacteria	super tiny living things that are made of only one cell
Energy	the "push" or power that makes things happen

Key Knowledge

- different types of movement increase our energy levels.
- Exercise helps our bodies rest; gives us energy; helps us grow.
- Eating lots of different coloured fruits help our bodies get different vitamins to stay healthy.
- *A varied diet*, which introduces the concepts of having '**often**' and '**sometimes**' foods as part of a daily **balanced diet**.
- Brushing teeth is vitally important as even 'sometimes' foods can lead to decay if eaten too often.
- healthy habits are part of daily life but may differ from day to day.

