

RSHE

Year 2 Spring 2

Healthy Me



Outcomes

by the end of the term children will be expected to;

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

Key Vocabulary

Healthy choices,
Lifestyle,
Motivation,
Relax,
Relaxation,
Tense,
Calm,
Dangerous,
Medicines,
Body,
Balanced diet,
Portion,
Proportion,
Energy,
Fuel,
Nutritious

