

KNOWLEDGE ORGANISER: Healthy Eating



How can I look after myself?



What foods are healthy and unhealthy?



How can I make healthy foods and where do they come from?



Food
My Body

We will be:

Exploring different foods

Sorting healthy and unhealthy foods

Growing, cooking and tasting different healthy foods



Listen to the song about fruits and vegetables

Key information:

Everyone needs food to survive. Food gives us the energy we need to move our bodies and do the different things we do each day, like walking and playing.

Some foods are healthier for us than others. This means they are better for our bodies.

Some healthy foods are: apples, strawberries, grapes, bananas, peas, carrots, broccoli and sweetcorn.

Some unhealthy foods are: crisps, chocolate, sweets and cakes.

Key vocabulary:

Healthy



Unhealthy



Fruit



Vegetables



Listen to the "5 a day" song



LEARNING MAP



Rising 3's

Can they think about how the food affects their body?

Can they learn more about the different food groups and a balanced diet?

Can they prepare a healthy recipe?

Future Learning

Reception – Healthy Eating

Know about the different factors that support their overall health and well-being

Linked Texts



Eddie's Garden – Sarah Garland

Oliver's Vegetables – Vivian French and Alison Bartlett

I will never not ever eat a tomato – Lauren Child

Learning at home

Find some food in your home and sort them into healthy and unhealthy

Can you find a healthy recipe and cook it at home?

Can you try a fruit or vegetable you've never tried before?

KNOWLEDGE ORGANISER: My Body



Who am I?



What are the different parts of my body?



How can I use the different parts of my body?



How do we look after ourselves?



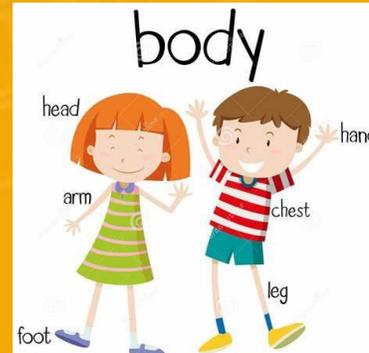
Healthy Eating

We will be:

Learning how to name the different parts of our bodies

Exploring how to move different parts of our bodies and how we can use our bodies for different things

Thinking about how we can look after our bodies



Click the picture to sing heads, shoulder, knees and toes

Key information:

We all have a body. Some bodies might look the same and some might look different.

Most people have: two arms, two hands, two legs, two feet, one head.

On my face there are: two eyes, one nose and one mouth.

We can use our bodies to do different things. For example, hands can be used for picking things up, throwing and catching or giving someone a high five. Feet can be used for walking or kicking a ball.

Key vocabulary:

Body



Arms



Legs



Hands



Feet



Head



Face



Eyes



Nose



Mouth



Ears



Click the senses to sing the senses song



LEARNING MAP



Rising 3's

Link ideas about their body with how they can look after it e.g. healthy eating

Explore different and additional words for the body e.g. neck, chest, knees

Explore more challenging forms of movement

Future Learning

Reception – Self; Healthy Eating

Know about the different factors that support their overall health and well-being

Linked Texts



My Body: Ladybird First Fabulous Facts – Ladybird

Me and My Amazing Body – Joan Sweeney and Annette Cable

Your Body, Your Senses – Peter Riley

Learning at home

Can you explore a new way of moving? Dancing, gymnastics, football

Can you try painting using a different part of your body e.g. your feet?

How does your body feel when you exercise? Try exercising for a minute and then feel your heart beat. Do you need a drink, are you sweating?