

Key Content (New Learning)

To understand ways to keep my body healthy.

To know how to cross the road safely.

To understand how medicine works and the importance of using medicines safely.

Sort food into the correct food groups.

Know which food gives us energy and name some healthy snacks.

Unit Overview

Key Vocabulary

Lesson 1 You will discuss feelings of stress and calm and what makes you feel this way. You will discuss ways you can calm ourselves in times of stress.

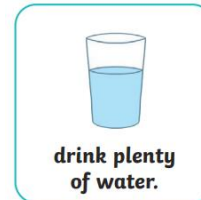
Lesson 2 What does your body and mind need to keep you healthy? This includes a range of things, including keeping clean, eating right, exercising, sleeping and drinking water.

Lesson 3 You will learn about road safety and how to cross the road correctly.

Lesson 4 You will look at medicines, how they can help and how to keep them safe.

Lesson 5 You will learn about the food groups, what each food group gives us, and the importance of a balanced diet.

End Point You will create a poster about your learning on a healthy and safe lifestyle. You will also complete a quiz about your learning.



stressed	tense	calm	relaxed
healthy choice	lifestyle	motivation	body
mind	safety	medicine	dangerous
road	energy	balanced diet	portion