

VOCABULARY DOZEN!

healthy eating

Healthy eating means eating nutrient rich foods in the right quantities from all the food groups.

balanced diet

A balanced diet contains food from the following groups: fruits, vegetables, dairy, grains and protein.

healthy choices

Healthy choices means making a decision about things that benefit your health.

physical activity

Physical activities are activities that get your body moving.

healthy lifestyle

A healthy lifestyle is one which helps to keep and improve your health and well-being.

Active and inactive

Active means to take part in regular physical activity.
Inactive means not taking part in much movement or physical activity.

moderation

Moderation means that you don't do things to extreme.

dairy

Dairy foods are the main sources of calcium and are good for our bones and teeth e.g. milk and yoghurts

carbohydrates

Carbohydrates are foods that give us energy e.g., pasta, bread, rice, cereals

protein

Protein helps our bodies to build and repair cells e.g. meat, fish and meat alternatives.

self-care

Self-care means activities that help your well-being and prevent disease e.g. sleep, drinking water, listening to music, spending time with friends.

Responsibility and Liberty

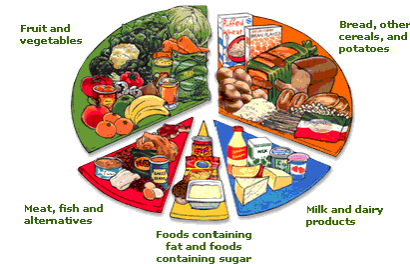
This means freedom of speech for everyone, having the right to make our own choices and taking responsibility for our actions.

KEY AREAS OF LEARNING

- We will learn how we can stay as healthy as possible.
- We will discuss what it feels like to be healthy.
- We will learn about healthy eating and why is it important.
- We will think about why it important to be active and what opportunities we have for physical activity we have.



- We will discuss foods that we like and dislike and why.
- We will reflect on what can help us to eat healthily.



- We will learn about why we need food.
- We will reflect on the healthy choices that we can make.



This topic links to the British Values of: Responsibility and Liberty