



Key Vocabulary:

Healthy	Things that are good for your body
Unhealthy	Things that are bad for your body
Exercise	An activity that gets you moving around
Diet	Everything you eat and drink

Eatwell Guide:



In this unit you will:

- Know how it feels to be healthy and unhealthy
- Know the benefits of regular exercise
- Know that a healthy diet helps us to grow, be active and stay healthy
- Know how to make healthy and unhealthy food choices
- Know a food item from each group of the Eatwell guide
- Know basic portion sizes from each group of the Eatwell guide.

PSHE skills learned prior to this unit:

- Can communicate what foods they like and dislike
- Know some ways of keeping fit
- Can name some healthy food

PSHE skills learned in this unit:

- Being able to explain why both healthy eating and physical activity are important
- Being able to reflect on their own lifestyles' choices.