



Supporting your child's knowledge and skills

How do we keep our body healthy and safe?

Foundation 1 Knowledge Organiser, Summer 2

Focus – Knowledge and Understanding of the World (Science, History, Geography, RE)

In F1 your child will learn about:

- Where some of our food comes from (**Science, Geography**)
- The kinds of food we need to help us to grow strong (**Science**)
- Which foods are healthy and which are not so healthy (**Science**)
- Who helps to keep us healthy at home and school (**Science, Geography, RE**)
- The people that help to keep us safe at home and school (**Geography, RE**)
- What will happen next year at school in our new class (**RE**)
- Why our Dads, Grandads and Uncles are special – Father's Day (**Science, History**)

Questions you may want to ask at home:

When asking your child questions, please encourage your child to reply in full sentences:

Q: What foods do I like to eat?

A: I like to eat...

Q: Which are my favourite healthy foods?

A: My favourite healthy foods are...

Q: What kinds of exercise help us to be healthy?

A: Dancing, going to the park and... help us to be healthy.

Q: Who helps me to stay healthy?

A: I stay healthy with help from....

Q: How can I stay safe on the roads?

A: I can stay safe by...

Learning about your child's previous experiences:

- What does your child know about healthy foods?
- Does your child know that sleep, exercise and brushing our teeth all keep us healthy too?
- Can your child spot crossings on roads?

Top facts:

1. *If we exercise then it is good for us and we will be healthier.*
2. *Some foods are healthy and we can eat them a lot.*
3. *Some foods are not so healthy and we should only eat them every now and then.*
4. *What we drink can keep us healthy - milk and water are good for us.*
5. *People who love and care for us help us to stay healthy and safe – our parents and family, our teachers and our friends.*
6. *Doctors and dentists help to keep us healthy.*
7. *Getting a good sleep is healthy for us too!*



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Vocabulary your child will use:



healthy



fruit



vegetables



milk



water



family



teachers



doctor



sleep



exercise



toothbrushing



crossing