

## Learning for Life – Healthy Me Year Two Spring 2

- We will be able to:
- I know what I need to keep my body healthy
- I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed
- I understand how medicines work in my body and how important it is to use them safely
- I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy
- I can make some healthy snacks and explain why they are good for my body
- I understand which foods to eat to give my body energy

### Being healthy

Being healthy means a state of physical, mental and social well-being.

Eating a balanced diet, regular exercise, enough sleep, drinking water, keeping clean and brushing your teeth.

### Being relaxed

Being relaxed allows our minds and bodies to be quiet and calm and we can rest from things that cause us to feel worried.

Your breathing is calm, your body feels loose and you feel happy.

### Healthy Eating

A balanced diet is eating a variety of foods in proportion.

Healthy foods are full of good nutrients that give our bodies energy to keep us strong, grow and feel good.

### Medicine Safety

It is important to check the instructions when using medicine or if unsure to check with a pharmacist or doctor. Medicine can sometimes make us feel better but there are other ways we can make ourselves feel better.