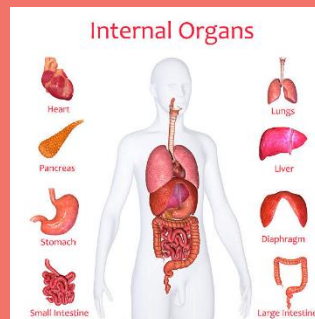


Knowledge

- ❖ Knows the 5 a day rule.
- ❖ Knows at least 3 different food groups.
- ❖ Knows what germs and diseases are.
- ❖ Knows different ways to keep their body clean.
- ❖ Can name major internal organs.



Safeguarding

- ❖ Can identify trusted adults they can talk to (at home and in school), who will help keep them safe.

Prior Knowledge (Year R)

- ❖ Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Key Vocabulary

- ❖ hygiene
- ❖ disease
- ❖ healthy
- ❖ unhealthy
- ❖ portion
- ❖ dairy, meat, sugar, salt, cereal
- ❖ heart
- ❖ lungs
- ❖ stomach
- ❖ intestines
- ❖ brain
- ❖ praise
- ❖ consequences

Skills

- ❖ Choose a healthy meal with different food groups.
- ❖ Be persistent when learning a new skill.
- ❖ Help their friends when they fall out.