



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

PSHE: Healthy Me Year 2

| Key Vocabulary | | ✓ |
|-----------------|--|---|
| Healthy choices | Choosing food or activities which are good for you | |
| Lifestyle | The way you live and the choices you make | |
| Motivation | Not giving up even when things are hard | |
| Relax | To be calm and happy | |
| Tense | To feel worried or nervous | |
| Calm | Feeling peaceful and quiet | |
| Dangerous | Something which may cause you to get hurt | |
| Portion | The amount of food on your plate that you eat | |
| Nutrition | Eating healthy foods which your body needs to grow and feel well | |

| Key Topics | ✓ |
|--|---|
| I can keep my body healthy |  |
| I know the difference between feeling relaxed or tense |  |
| Medicines need to be used safely to make me better |  |
| I need foods from different groups to stay healthy |  |
| I like making healthy snacks |  |
| Healthy foods give my body energy |  |

| How to be Healthy | ✓ |
|--|---|
|  Healthy, balanced diet | |
|  Exercise | |
|  Drinking water | |
|  Sleeping well | |
|  Resting and relaxing | |
|  Keeping clean | |

Being healthy

Being relaxed

Medicine safety

Healthy eating

Healthy snacks

Happy, healthy me

