Year 2 Knowledge Organiser-Healthy Me

Jigsaw Jo's Journey

Healthy Me

How do my choices affect my health?

nutritious

calm

lifestyle

motivation

relaxation

balanced diet

dangerous

calm

relax

tense

proportion

energy

I will learn about...

- What my body needs to be healthy
- Different ways to be relaxed
- Medicines and how they work
- How to use medicine safely
- Healthy foods and the different food groups
- Which foods give my body energy

I will explore...

- Different feelings such as weak and strong feelings
- How to care for my body
- How to keep my body healthy
- Healthy relationships with foods
- How it feels to eat healthy and nutritious foods and which foods I enjoy