

Reception Knowledge Organiser- Healthy Me



Key Vocabulary

carbohydrates
clean
carbohydrates
balanced diet
vegetables

exercise
unhealthy
fruit
fitness
protein

healthy
hygiene
wellbeing
sugar
junk food

Where does our food come from?

We can buy our food from farms, shops, markets or supermarkets. Have a think about where different types of food come from...

- Apples come from a tree.
- Milk comes from a cow.
- Eggs come from a hen.

Looking after yourself

Our bodies are really clever, but we need to look after ourselves to help us stay happy and healthy. There are lots of things we can do to help look after ourselves.



We can ...

talk to others about how we are feeling



eat a balanced diet



do some exercise

look after our personal hygiene



think about what we need to wear

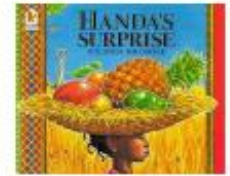


have plenty of rest and sleep



Possible books to enjoy together:

Handa's surprise



Oliver's Fruit Salad



The Very Hungry Caterpillar

Oliver's Vegetables

