

# Keeping/Staying Healthy

TOPICS: Healthy Eating and Brushing Teeth - *Suggested for Year 2*

We have chosen to deliver this topic in year(s):

---

## Year Intent



In Year 2, children deepen their understanding of how everyday choices help keep their bodies healthy. They explore the importance of food for growth and wellbeing, recognising that some foods support good health more than others.

Pupils learn to identify a range of healthy foods and how these choices support a balanced lifestyle.

They also develop their understanding of personal hygiene, particularly the importance of brushing teeth and following simple routines to care for their teeth.

## Curriculum Links

### Statutory RSHE Links

General wellbeing; Healthy eating; Physical health and fitness; Health protection and prevention

## Ask me a question!

**Why do we need food?**

**Why is it important to brush our teeth?**

**What foods keep us healthy?**

## Knowledge & Skills Progression

### Healthy Eating - Pupils should..

- know that different foods help our bodies to stay healthy and grow strong
- understand why some foods are healthier than others
- be able to explain ways to keep healthy
- recognise and begin to make healthy choices

### Brushing Teeth - Pupils should...

- understand why it is important to brush our teeth
- demonstrate how to brush our teeth properly
- suggest ways to remember to brush teeth when we forget, are tired, or busy
- recognise and begin to make healthy choices



## I will learn the following new words/phrases:



<b>Ingredients</b>	Items that are used to make food, a product, etc.
<b>Energy</b>	The power and ability to be physically and mentally active.
<b>Repair</b>	To put something that is damaged, broken, or not working correctly, back into good condition.
<b>Vitamins</b>	A group of natural substances that are necessary in small amounts for the growth and good health of the body.
<b>Natural</b>	Derived from nature; not made or caused by humankind
<b>Saturated fat</b>	A type of fat found in meat, eggs, milk, cheese, etc.
<b>Decay</b>	To become gradually damaged, worse, or less.

