

Phase:
Pre-school

Focus:
Keeping Healthy

Term: Spring 1
2022

What I should already know?

I should be able to try a range of foods and eat independently, I may make some healthy personal choices in the foods that I eat.
I understand the need to brush my teeth every day.
I am beginning to use the toilet independently and to wash my hands after.

Key words and their meanings

Exercise	Activity requiring physical effort carried out to sustain or improve health and fitness.
Healthy	In good physical and mental condition.
Moderation	The avoidance of excess or extremes.
Dentist	Person who treats and looks after our teeth.

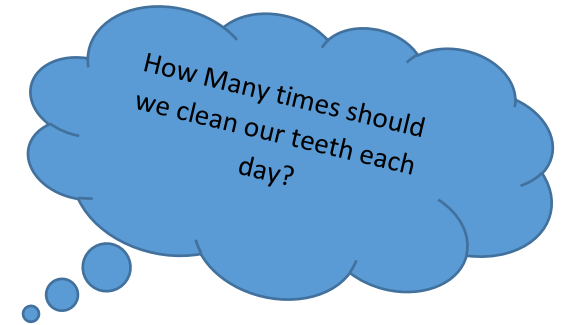
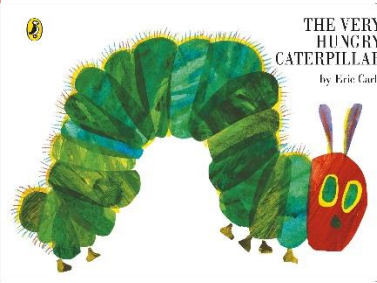
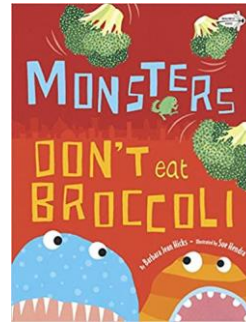
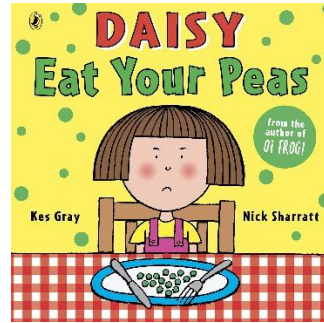
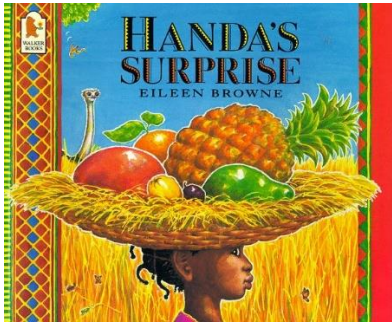
Magic Questions!

What food is good to eat?
What food is unhealthy?
What food can we eat in moderation?

Why do we need to exercise?
What do you do to exercise?

What is 5 a Day?
What fruit and vegetables do you like?

How many times should we clean our teeth each day?
What colour is your tooth brush?

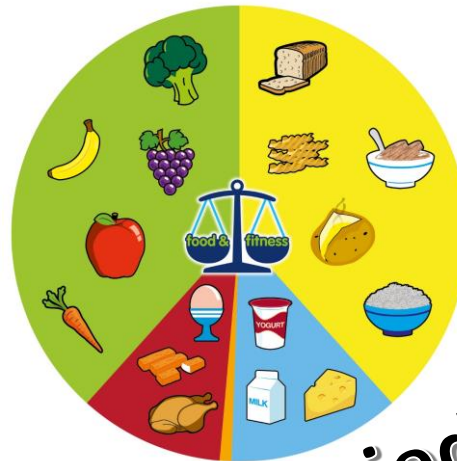


What do you do to exercise?

Do you go swimming?

Do you play football?

Do you play in the garden or at the Park?



Eat a varied Diet



Drink Water
To
Keep our body
Healthy

