



Key vocabulary

healthy



unhealthy

sleep



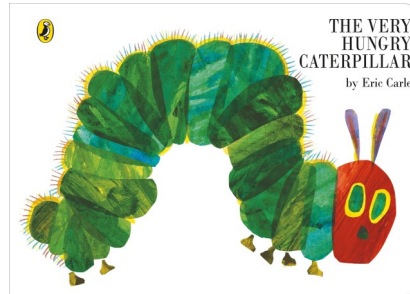
hygiene



exercise



vegetables fruit dairy meat fish
savoury sweet food drink treat



I can describe some ways to stay healthy.

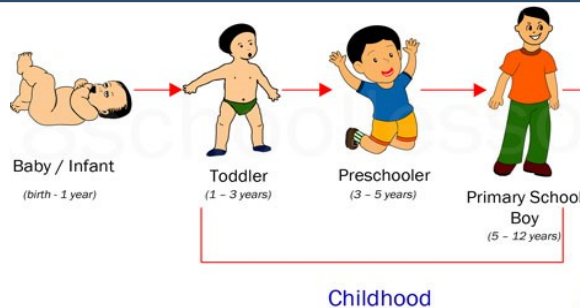
- Eat and drink healthily
- Sleep—go to sleep at bedtime each night.
- Good hygiene - wash every day
- brush my teeth carefully
- Exercise such as walking, running, skipping, foot- ball club, swimming.

Home Learning:

- Discuss things that you and your child do to keep healthy.
- Do something healthy together such as go for a walk or swimming or make a fruit salad.
- In your kitchen or at the supermarket look for and sort:
 - Fruit and vegetables
 - Healthy and unhealthy foods.
- Look at photo albums or digital photos together of your child growing up. Discuss changes such as size, ability to talk, independence at walking, eating, toileting, playing.
- Read the story of The Very Hungry Caterpillar. You could borrow the book from the library or follow this Youtube link: [The Very Hungry Caterpillar read by Eric Carle | Waterstones - YouTube](#)

I know which foods are fruit and which are vegetables.

I can compare changes in my life from a baby, to a toddler and to a school aged child.



I know some foods that are healthy and unhealthy.

