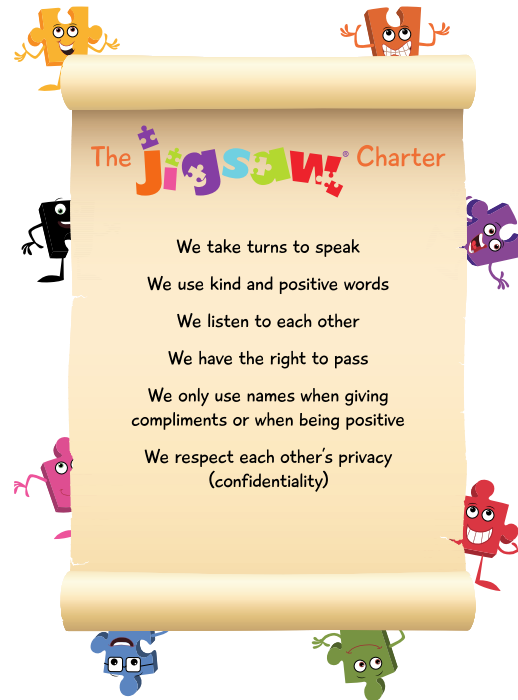




Key Vocabulary

Healthy choices	Choosing something which is good for your body and mind.
Motivation	Trying really hard to do something.
Dangerous	Something which is not safe.
Medicines	A drug used to help someone who may be ill.
Balanced diet	A mix of things which are good and things we should only have a little of.
Nutritious	Having a good amount of vitamins and minerals.
Healthy	A balance of good food and lots of exercise.
Unhealthy	Too much junk food and not enough exercise.



Key knowledge

PSHE

I can explain why foods and medicines are good for my body comparing my ideas with less healthy/ unsafe choices.

I can compare my own and my friends' choices and can express how it feels to make healthy and safe choices.

