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|  **Year 2 Puzzle 4 Healthy Me** |

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|  Knowledge | Social and Emotional skills | Questions for Family Learning |
| * Know what your body needs to stay healthy

• Know what relaxed means• Know what makes you feel relaxed / stressed• Know how medicines work in your bodies• Know that it is important to use medicines safely• Know how to make some healthy snacks• Know why healthy snacks are good for your bodies• Know which foods given your bodies energy | * Desire to make healthy lifestyle choices

• Identify when a feeling is weak and when a feeling is strong• Feel positive about caring for your bodies and keeping it healthy• Have a healthy relationship with food• Express how it feels to share healthy foodwith your friends | • What does your body need to stay healthy?• What does relaxed mean?• What makes you feel relaxed / stressed?• What types of medicine have I given you?What are they for?• What healthy snack shall we make and eat together?• What snacks could you eat before exercise?• How can Calm Me time help you stay healthy? |
| In this Puzzle the class learn about healthy food; they talk about having a healthy relationship with food and making healthy choices. The children talk about things that make them feel relaxed and stressed. They talk about medicines, how they work and how to use them safely. The children have a go at making healthy snacks and also discuss why they are good for their bodies. |
| **Key Vocabulary:** Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Healthy, Unhealthy, Dangerous, Medicines, Safe, Body, Balanced diet, Portion, Proportion, Energy, Fuel, Nutritious. |