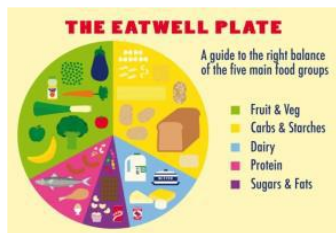


Year 2 Good To Be Me!

In this project, we will be learning about what it means to keep fit, both mentally and physically - and how exercise, rest and diet are important in this.



Prior learning

Last year, you learned about the correct names for different parts of the body. This year, you will be learning how to keep your body and mind fit and active and know how important it is to have rest and a good night's sleep. This year, in science, you learned about different animals and their diets. We will be looking at how humans need a balanced diet.

Reading

The Name Jar by Yangsook Choi
Super Duper You by Sophie Henn
Can I Build Another Me? By Shinsuke Yoshitake
The Koala Who Could
The Lion Inside – both by Rachel Bright.

Websites

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>
This guides you through the food groups of the Eatwell plate.
BBC Bitesize – Keeping my body healthy KS1

Activities at home.

Check the packaging of foods at home – what salt, sugar and fat content do they have?
Make an activity diary and see how many minutes of exercise you have each day and each week.

Key facts

There are 5 different food groups that make up the Eatwell Plate. These include: fruit and vegetables, dairy foods, foods high in protein, starchy foods and foods high in fat and sugar.

It is important to eat a variety of different foods in order to maintain a healthy life style.

You should eat at least 5 portions of fruit and vegetables a day. A portion is 3 heaped tablespoons of the fruit or vegetable.

Children should have at least 60 minutes of exercise each day.

It is important to have good personal hygiene as this helps to keep you fit and healthy. It also helps to stop germs from spreading.

Vocabulary

Unique
Balanced Diet
Healthy diet
Eatwell Plate
Food groups
Exercise
Personal hygiene
Mental health
Physical health
Wellbeing

Questions to talk about.

- Which food group does your favourite food belong in?
- Are there foods from the Eatwell plate that are missing in your diet?
- Ask your family what their favourite sports are.
- Do any of your family take part in any sports?
- Ask others what they do to relax and unwind.
- What do you like to do that makes you feel calm and happy?
- Do you have a special place that makes you feel calm?