

FS2 Science Healthy Eating Spring 2

Communication and language

- Understand how to listen carefully and why listening is important.
- Learn new vocabulary.
- Use new vocabulary through the day.
- Ask questions to find out more and to check they understand what has been said to them.
- Articulate their ideas and thoughts in well-formed sentences.
- Connect one idea to another using a range of connectives.
- Listen to and talk about stories to build familiarity and understanding.
- Retell the story.
- Use new vocabulary in different contexts.
- Engage in non-fiction books.

Personal, Social and Emotional Development

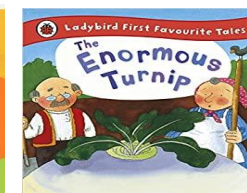
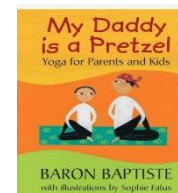
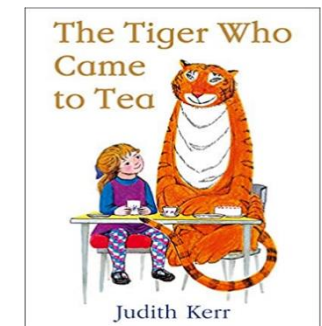
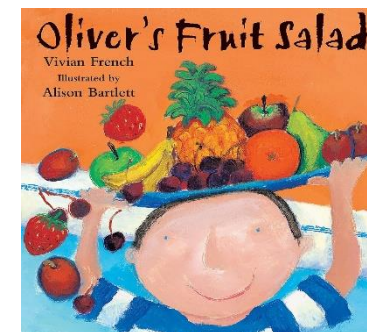
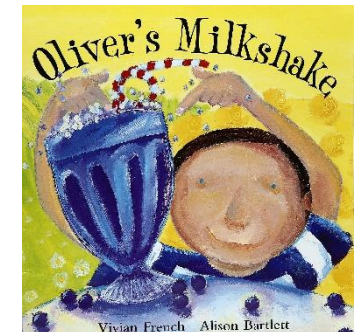
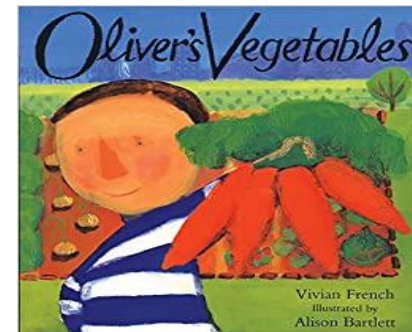
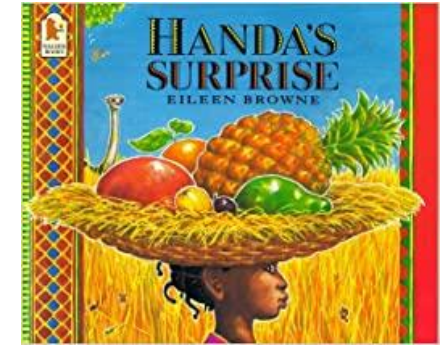
- Manage their own needs.
- Think about the perspectives of others.
- See themselves as a valuable individual.

Physical Development

- Know and talk about the different factors that support their overall health and wellbeing.
- Further develop the skills they need to manage the school day.

Understanding the world

- Explore the natural world around them.
- Describe what they see, hear and feel whilst outside.
- Understand the effect of changing seasons on the natural world around them.



Vocabulary	
Balanced Diet	Eating a variety of foods that give your body what it needs to keep healthy, feel good and have energy.
Hygiene	Keeping clean to stop the spread of germs.
Hydration	Making sure your body has enough water.
Energy	The strength to complete physical and mental activities.
Muscles	The parts of our body that help us to move.
Skeleton	The bones of the body.
Teeth	They bite, grind and tear food.
Heart	A special muscle that pumps blood around your body.
Lungs	A pair of organs which fill up with air (oxygen) and empty when we breathe.
Oxygen	A gas in the air we need to survive.
Exercise	Activity needing physical effort to improve health and fitness.
Blood	The red liquid carrying oxygen around your body.
Food	What people and animals eat to maintain life and growth.

Useful websites
 British Heart Foundation
 BBC Bitesize
 Twinkl PowerPoint

Key Knowledge

- I know I have to drink water to keep me hydrated.
- I know food gives us energy for our muscles to move.
- I know exercise makes our heart beat faster to take oxygen around our body.
- I know exercise makes our heart stronger
- I know that keeping clean stops the spread of germs.

Scientific skills

- I can choose a healthy snack.
- I can use a paint program on purple mash.
- I can mix paint to make other colours.
- I can write a sentence.
- I can explain my choice.
- I can order a story sequence.

Diagrams/pictures/photos

--	--	--