

# PSHE Block 5 Being healthy and growing

## Year 2 Knowledge Organiser Unit: About Diet and Health

### Unit Lessons

- Learn the importance of exercise, a healthy diet, hygiene and what is needed for humans to survive.
- Learn the importance of nutrition for humans
- Know how to keep healthy through diet
- Know how to keep healthy through daily exercise.
- Understand how liquid is measured
- Understand how temperature is measured.

## Did you know?

It is recommended that we eat five portions of fruit or vegetables a day.

Vitamins and minerals are important for your skin, hair and bones.

Eating lots of fatty and sugary foods mean we are more likely to get ill.

Good exercise or activity is one that gets your heart beating faster than normal.

## GR8! – 8 words and meanings to learn

Key Word	Meaning
1. exercise	Activity requiring physical effort.
2. hygiene	The things that you do to keep you and your surroundings clean and healthy.
3. healthy	Being in a good condition with your body and mind.
4. nutrition	Having the right food needed for health and growth.
5. portion	The size or amount of food provided at one time.
6. balanced diet	Having different food and drink in equal or similar amounts.
7. measuring	Working out the size or amount of something.
8. temperature	The heat that is present in a substance or object.

