



# PSHE Knowledge Organiser How can I stay as healthy as possible?

Year 2 Term Spring 1



## To stay healthy I can:



Get enough sleep



Exercise regularly



What does it feel like to be healthy?

Eat a balanced diet



Drink lots of water



Spend time in nature

## **Nutrition and balancing your diet**



Food can be divided into different food groups.

Everyone should eat at least five portions of fruit and vegetables every day



### **Vocabulary Tier 2**

lifestyle, healthy choice, benefits of physical activity, balanced choices, rest, sleep,.



#### **Vocabulary Tier 3**

nutrition, hygiene, active living, personal responsibility

