



Year 1—Learning for Life

Being my Best



You have already learnt...

In EYFS, you found out that fruit and vegetables are healthy and sugar and fats unhealthy and exercise, sleep, eating and drinking water keeps you healthy

Key Knowledge

- Name a few different ideas of what I can do if I find something difficult such as asking a friend to help me.
- Know why certain foods are healthy and why it's important to eat at least five portions of vegetables/fruit a day.

Key Skills

- Know that I can ask for help when something is tricky.
- Know that fruit and vegetables are healthy.

Key vocabulary

healthy	not being sick
disease	when your body gets sick and needs time or medicine to get better
germs	tiny creatures that you cannot see without a microscope which can make you sick
achievements	when you are able to do something.
encourage	when you cheer someone on to complete a task.



Dairy	Vegetables	Fruits	Grains	Protein
Milk, Yogurt, Cheese	Broccoli, Asparagus, Bell Peppers, Corn, Avocado, Carrots, Spinach, Sweet Potatoes, Tomatoes	Strawberries, Apple, Banana, Blueberries, Orange Juice, Watermelon, Grapes, Pear, Mango	Bread, Cereal, Pasta, Tortillas, Cereal, Rice, Bread, Pasta, Popcorn, Crackers, Bagel, Oatmeal	Meat, Beans, Nuts, Eggs, Tuna, Hamburger, Nuts, Chicken, Tofu, Beans, Salmon, Pork Chops



Next year you will learn...

- Name different parts of my body that are inside me and help to turn food into energy. I know what I need to get energy.
- Explain how setting a goal or goals will help me to achieve what I want to be able to do.