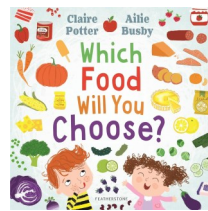




# Healthy Me!

Exciting topic books:



## Curriculum links...

**PSED:**

**3-4 Years-** Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly. Make healthy choices about food, drink, activity and toothbrushing.

**Reception-** Manage their own needs. - Personal hygiene. Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, toothbrushing, sensible amounts of 'screen time', having a good sleep routine, being a safe pedestrian.

**ELG-Managing Self**

Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

## Key topic vocabulary

Healthy	Not to be sick. (Eat good food and exercise).
Nutrients	Good things that you get from different foods to help your body grow.
Teeth	Hard bony bits in your mouth which help you chew food.
Decay	To rot. Something that has gone bad.
Germs	Germs are tiny living things around us. Some can make you poorly.

## By the end of this topic we will...

- Know some healthy and unhealthy foods.
- Know how to make healthy choices and make a fruit salad.
- Know some foods are good/bad for my teeth.
- Know how to brush my teeth properly.
- Know why we go to the Dentist.
- Know some germs can make us poorly.
- Know germs can be passed on though our hands.
- Know we can't see germs.
- Know how to wash my hands properly.



## Links to our core values

How can we love and care for our bodies?

