

Healthy Me

In this Puzzle, the children learn about healthy food; they talk about having a healthy relationship with food and making healthy choices. The children consider what makes them feel relaxed and stressed. They learn about medicines, how they work and how to use them safely. The children make healthy snacks and discuss why they are good for their bodies.

Social and Emotional Skills

- Feel positive about caring for their bodies and keeping it healthy
- Have a healthy relationship with food
- Desire to make healthy lifestyle choices
- Identify when a feeling is weak and when a feeling is strong
- Express how it feels to share healthy food with their friends



Vocabulary:

Healthy choices, Lifestyle, Motivation, Relax, Relaxation, Tense, Calm, Dangerous, Medicines, Body, Balanced diet, Portion, Proportion,

Sticky Knowledge

- Know what their body needs to stay healthy
- Know what relaxed means
- Know why healthy snacks are good for their bodies
- Know which foods given their bodies energy
- Know that it is important to use medicines safely
- Know what makes them feel relaxed/stressed
- Know how medicines work in their bodies
- Know how to make some healthy snacks

