

Healthy Me – Nursery



During this topic the children will find out about healthy living and begin to explore different factors that can influence this – foods, exercise, hygiene. The children will also explore the role of doctors and other health care professionals – nurses, dentists,

- Intended learning:**
- To begin to understand what foods are healthy and what foods are unhealthy
 - To explore the kinds of exercises we can do to help keep ourselves healthy
 - To begin to understand that other factors also contribute to healthy living – sleep, keeping clean, brushing teeth
 - To know how to keep safe – road safety, stranger danger
 - To understand the PANTS rule
 - To consider how we can be a good friend and why healthy relationships are important
 - To name parts of the body - body – head, neck, shoulders, arm, fingers, chest, stomach, legs, knees, feet, toes
 - To understand the importance of safety around medicines
 - To explore the role of doctors and nurses

| Vocabulary | |
|------------|---|
| Healthy | Caring for your body so you have enough energy to learn, play and grow. If you are healthy you eat the right kinds of foods and exercise regularly. |
| Unhealthy | Not good health – eating foods that are not good for your body and not doing the things needed to look after our bodies. |
| Dentist | A person who looks after and treats our teeth. |
| Germs | Tiny living things that can make our bodies sick. |
| Plaque | A sticky bacteria that forms on your teeth. |
| Exercise | Playing and being on the move. |
| Skeleton | This is a structure inside our body made up of bones to help keep us upright and to protect parts of our body. |
| Muscles | Muscles help you move blood through your body, move and lift objects. |

- Key skills:**
- Question
 - Research
 - Recall
 - Investigate
 - Imagine
 - Reenact

Focus author or this term:
Kes Gray

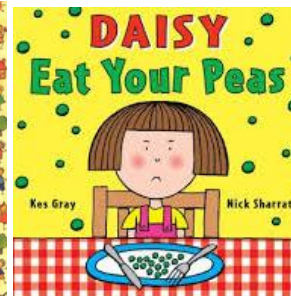
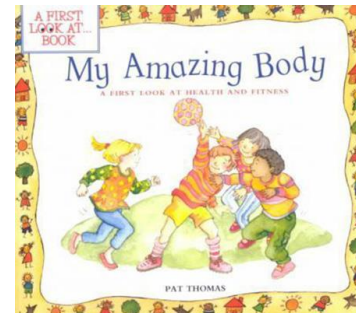
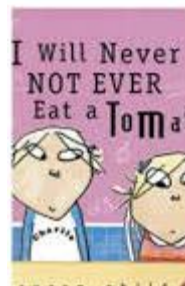
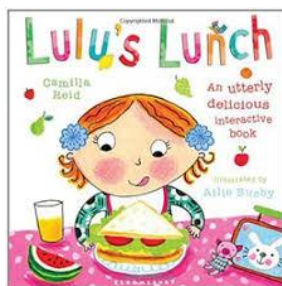


Vocabulary Challenge words:

Energy – We need this to do everything from moving to thinking to growing.

Tooth Decay – The destruction of the enamel which is the hard outer layer of your teeth. When you eat or drink foods containing sugars, the bacteria in plaque produces acid that attacks the teeth.

Hygiene – Keeping things and yourself healthy and clean.



The children will also explore a range of non-fiction books, songs and rhymes linked to this topic.

Factors that contribute to healthy living



Body parts

hair
eye
teeth
tongue
fingers
leg
foot
head
ear
mouth
arm
hand
toes