Christ the Sower Ecumenical Primary School

PSHE
Knowledge Organiser

Year 3 – Spring 2
Healthy Me

Year 3
PSHE

Focus Question: How do my choices affect my health?

Key Vocabulary

balance	Having a healthy mix of things.
energy	What our bodies get from food.
food label	Information about a food.
drug	A substance that affects the body.
medicine	A drug used to treat illness.
emergency	A situation needing urgent help.
Safety STAR	Stop, Think, Assess, React.

Key Learning

- I can make balanced food choices and read labels.
- I can explain how to stay safe around drugs.
- I know who to ask and when to call 999.
- I can use Safety STAR and follow water safety rules.
- I know my body needs care and healthy choices.

Healthy Me in Action



Balance and energy

Foods contain energy; too much sugar can harm.



Think about risks

Use Safety STAR and ask for help.



Water and medicine

Follow safety rules; speak to a trusted adult.

Remember and Try

- Look at food labels and choose balance.
- For serious emergencies, get help and call 999.
- Near water, follow signs and adult guidance.

End Point

I can explain healthy choices, medicine and drug safety, use Safety STAR and know how to get help in emergencies.