PSHE
Knowledge Organiser

Year 2 – Spring 2
Healthy Me

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PSHE

Focus Question: How do my choices affect my health?

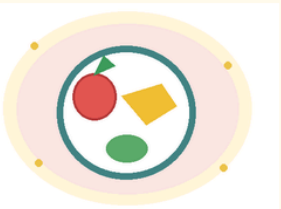
Key Vocabulary

balanced diet	Eating a variety of foods.
energy	What helps our bodies move and grow.
hazard	Something that might hurt us.
risk	The chance of danger.
emergency	When we need urgent help.
medicine	Something that may help us get better.
Safety STAR	Stop, Think, Assess, React.

Key Learning

- I know foods that help me grow and give me energy.
- I can spot hazards at home and get help.
- I can use the Safety STAR outdoors.
- I know how medicines can help and be dangerous.
- I can make choices that help keep me safe.

Healthy Me in Action



Eat for energy

Choose different food groups and healthy snacks.



Use the Safety STAR

STOP, THINK, ASSESS, REACT.



Medicine safety

Only take medicine given by a trusted adult.

Remember and Try

- Spot hazards at home or outside.
- Stay safe near roads, water and railways.
- Ask adults when unsure.

End Point

I can explain healthy food choices, spot hazards, use the Safety STAR and follow rules for medicines.