

Glenfield Infant School Knowledge Organiser



Year 1 - Summer 1

RSHE

Being my Best

What should I already know?

I can name a few different ideas of what I can do if I find something difficult.
I can say why certain foods are healthy and why it's important to eat at least five portions of vegetables/fruit a day.

Vocabulary:

Starchy	Foods that contain lots of starch, a type of carbohydrate.
Dairy	Foods made from milk: cheese, butter and yoghurt.
Protein	A nutrition that helps build and repair muscles, keeps you strong.
Hygiene	A practice that keeps yourself clean stay healthy prevents illnesses.
Cereal	Grains like wheat, rice or oats that are often eaten as food, especially for breakfast.
Energy	The fuel you body gets from food to move, grow and stay active.
Vitamins	Important nutrients your body needs in small amounts to stay healthy and work properly.
Learning	The process of gaining knowledge or skills through study, experience, or teaching.

1. I can eat a rainbow

Different foods do different jobs.

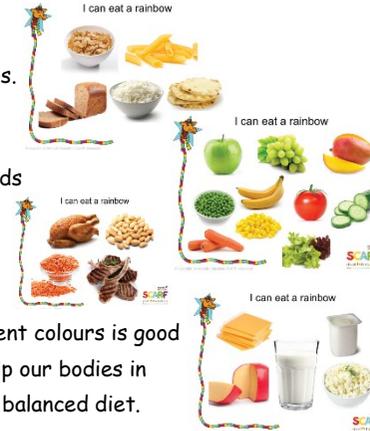
You can always tell

If you give your body what it needs

You'll be fit and well!



Eating lots of different colours is good for us, the different vitamins help our bodies in many ways and help us maintain a balanced diet.



2. Eat well

Consider all the food groups that go into a lunch box ...

Use the eat well plate to help you



It is important to have elements of all the food groups in your lunch box to stay healthy and balanced.

3. Harold's wash and brush up

<p>After breakfast I have a wash. Then I get dressed.</p>	<p>I get up. I go to the toilet. Then I wash my hands.</p>	<p>After going to the toilet I go down stairs.</p>	<p>If I sneeze, I wash my hands again. I wash the germs away!</p>
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We are now old enough to wash our hands, brush our teeth and eat our breakfast. It is important we do this independently as we continue to grow.



4. Catch it! Bin it! Kill it!

Why is it so important that we was our hands?

What diseases can be spread person to another?

Can you think of diseases that cannot be spread?

This rule is so important as it will stop the spread of germs.

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.

BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.

KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

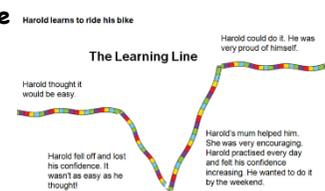
5. Harold learns to ride his bike

We are always learning to do new things in school.

Use encouraging phrases like...
'You can do it' 'Well done' 'Go on!'

'I believe in you' 'You're almost there!'

There are many things that we can do now that we couldn't when we were a baby. These are all part of the learning line and it is important we try our best



6. Pass on the praise!

Reflect on how you felt after hearing feedback and support from a trusted adult, i.e. 'that was a brilliant sentence, next time, to improve it you could add another adjective.'

Who supports and encourages children?

Who in particular does this at school?

How do we feel when this happens?

Feedback is positive and helps us to get better at something and learn more each time.

