

Animals including humans Knowledge Mat

Sticky Knowledge- What do I need to know?

Week 1 Healthy foods include fruits, vegetables, dairy and proteins. Unhealthy foods include foods with high amounts of fat, oil and sugar.

Week 2 / 3 A balanced diet is important. A balanced diet includes food from all of the different food groups. The eat well plate states these as:

- Fruits and vegetables.
- Bread, rice, pasta potatoes (carbohydrates).
- Meat fish, eggs, beans (proteins).
- Dairy and dairy alternatives.
- Oil and spreads.
- Foods high in fat or sugar.

It states how much of each amount you should eat to have a balanced and healthy diet.

Week 4 Exercise is important for a healthy lifestyle. Exercise increases your heart rate and makes you feel good.

Week 5 / 6 Hygiene is important for a healthy body and is part of daily cleanliness. Some hygiene practices include: brushing teeth, bathing, washing clothes.

Key Vocabulary- What words do I need to know and understand?

food groups



A food group is a collection of foods that share similar nutritional properties.

exercise



A physical activity, carried out to sustain or improve health and fitness..

hygiene



Cleanliness, to maintain health and prevent illnesses.

