

# Being my best

## Construction



### Prior Knowledge

**Year 3:** Science—Animals including humans. Varying diets.

**Key stage 1 & EYFS:** During KS1 and reception, we learnt about being my best.

**Year 2:** Staying clean and healthy, caring for our bodies.

**Year 1:** Caring for ourselves when we are ill.

**EYFS:** Sleep, healthy eating and exercise.

### Where next? Future learning

**Year 4:** Being my best—making choices, where does energy come from?

**Year 5:** Being my best—getting fit, independence and responsibility.

**Year 6:** Being my best—basic first aid, risks, wellbeing.

### My Component Knowledge:

Lesson 1: I can explain how to look after my body.

Lesson 2: I can understand how to look after myself.

Lesson 3: I can understand the Eatwell guide.

Lesson 4: I can explain how to eat healthily.

Lesson 5: I can explain ways to stay healthy

### My Composite Knowledge:

I can understand how to eat healthily and look after my body.

### My Powerful Knowledge:

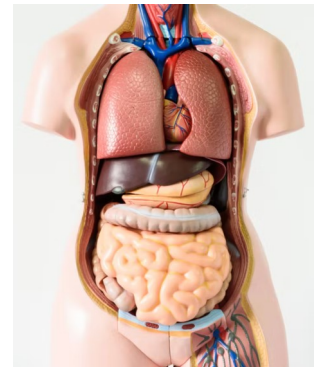
I can understand how the Eatwell guide can support me to eat healthily. I can learn how to look after myself and care for my body. I can make links to my learning about animals including humans in science.

### Key Vocabulary

**Tier 1:** illness, fat, sugar, dairy

**Tier 2:** Eatwell plate, guide, balanced, varied, medical, non-medical, media, vegetables.

**Tier 3:** collaborate, carbohydrate, protein



How can I stay healthy?

How can I look after my body?



What is the Eatwell guide?