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| **Year 2 Autumn 2 PSHCE – Health and Safety** |
| **Key information*** There are many ways for us to stay healthy.
* Eating healthy foods and exercising regularly help to keep us healthy.
* Being positive and getting enough sleep also help to keep us healthy.
* We should aim to eat 5 portions of fruit and vegetables a day.
* Eating a lot of unhealthy food could make us overweight and unhealthy.
 |  A drawing of a cartoon character  Description automatically generated  A picture containing drawing  Description automatically generatedsleep unhealthy exercise  A drawing of a cartoon character  Description automatically generatedhappy attitudehealthy   |
| **Vocabulary*** healthy
* unhealthy
* exercise
* like
* dislike
* choices
* sleep
* healthy eating
* fruit
* vegetables
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