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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 generated  sleep  unhealthy  exercise  A drawing of a cartoon character  Description automatically generated  happy attitude  healthy | |
| **Vocabulary**   * healthy * unhealthy * exercise * like * dislike * choices * sleep * healthy eating * fruit * vegetables |  |