



Knowledge:

- I know I need a balance of fruit and vegetables in my diet.
- I know that 5 portions a day of fruit and vegetables is the recommended amount.
- I know that I need to keep my own hygiene good by showering, bathing and washing daily and brushing my teeth.
- I know everyone has different food taste, and we like and dislike different food and drinks.
- I know that diseases are spread by not being hygienic and I know that I need to keep clean to stop the spread.
- I know that washing my hands can stop the spread of germs.
- I know lots of people around me help me to master new skills.
- I know I won't learn a new skill straight away and I have to practise it to get it right.
- I know some people are better than others at different skills.
- I know there are many different ways to solve a conflict.
- People's positive or negative behaviours, including my own, can affect people's moods and feelings.

Vocabulary

- Importance – Being of great value.
- Diet – What we eat.
- Daily – Done every day.
- Eatwell Guide – A guide that explains a balanced diet.
- Healthy – In good health.
- Disease – A change in a living body that makes somebody unwell.
- Spread – To pass from person to person.
- Skill – The ability to do something well.
- Conflict – A serious disagreement.
- Resolve – To sort a disagreement out.

Lesson Sequence:

- Lesson 1: I know that 5 portions a day of fruit and vegetables will keep me healthy.
- Lesson 2: I know that everyone has different food tastes and I can create a healthy EATWELL lunch.
- Lesson 3: I know how diseases are spread and how I can stop it.
- Lesson 4: I understand how to learn a new skill.
- Lesson 5: I can demonstrate good listening skills and suggest ways to resolve a conflict.
- Lesson 6: I can recognise how a person's behaviour can affect other people.

