

The food pyramid

Makes Bones Strong



Help Your Body



Fats and sugars



Dairy



Proteins



Vegetables



Fruits



Carbohydrates



Makes You Strong



Gives You Energy



YEAR 1

Summer Term

Healthy Eating

Use the eatwell plate to help you get the balance
much of what you eat should come from each

Vocabulary

healthy
food types
balanced diet
exercise
fruit
vegetables
salad

Key Facts

- Eating a balance diet keeps us healthy.
- Protein helps build muscle.
- Carbohydrates help give us energy.
- Milk and dairy help our bones.
- Fruit and Vegetables give us minerals and vitamins.
- Taking exercise makes our bodies strong and fit.

In their writing

- Use capital letters to start a sentence.
- Use full stops to end a sentence.
- Use capital letters for names of characters.
- Use question marks and exclamation marks.
- Use 'and' to join sentences.
- Add -s and -es to make words plural.
- Add -ing, -ed and -er to words.

Stories will include:

Handa's Hen, Handa's Surpris and Vegetable Glue.