

# Knowledge Organiser: Healthy Me



## Vocabulary:

**healthy eating** - eating the right food to keep you healthy

**hygiene** - keeping clean to stay healthy

**exercise** - physical activity that gets your body moving

**food groups** - food can be organised into different groups

**carbohydrates** - examples of these foods are bread and pasta

**protein** - this is often found in meat and vegetables

**dairy** - a product of milk including cheese and butter



**fruit** - grow on tree, bushes and vines

**vegetables** - grow in the ground, on bushes or plants

**food chain** - the transfer of energy through eating food

**air miles** - the amount of miles food travels to your plate

## **Florence Nightingale**

She changed the way people nursed and helped save many lives.



## **Edith Cavell**

A British nurse who worked in Brussels with injured soldiers of all nationalities.



Open the Door:

<https://www.bbc.co.uk/bitesize/clips/z8dcmp3> - exploring Edith Cavell

<https://www.bbc.co.uk/bitesize/topics/zns9nrd/articles/znsct39> - exploring Florence Nightingale

<http://archive.foodafactoflife.org.uk/QuickLinks.aspx?contentType=2&PageIndex=5> - Eat Well Plate Challenges

Spring 2 Cycle B Snowy Owls - Healthy Me