

# HEALTH AND WELLBEING

## Knowledge Organiser



Year 2, Autumn : Health and Wellbeing  
 PSHE Strand: Health Education  
 Whole School Topic: Who is the Bravest?

### Key Vocabulary

Balance	Having the correct portions
Diet	The food a person usually eats
Harmful	Likely to cause harm
Healthy	In good health and free from disease
Smoking	A habit involving inhaling the smoke of tobacco
Unhealthy	Harmful to health
Vitamins	Substances needed for normal growth

What will I know about health and wellbeing by the end of this topic?

- To identify healthy and unhealthy foods
- To explain how to stay safe around harmful substances
- To identify the risks associated with smoking



Some foods are healthy and are good for us, while others are unhealthy and should not be eaten all the time.

### The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



To ensure our bodies get the vitamins and minerals we need, we should eat a balanced diet.

There are some substances that are harmful to our health.



They often have important warning labels



Irritant (may irritate skin)



Flammable (may catch fire)



Corrosive (may damage skin)



Toxic (may damage health)



Explosive (may explode)



Smoking is not good for our bodies. It is unhealthy and can be very harmful.

