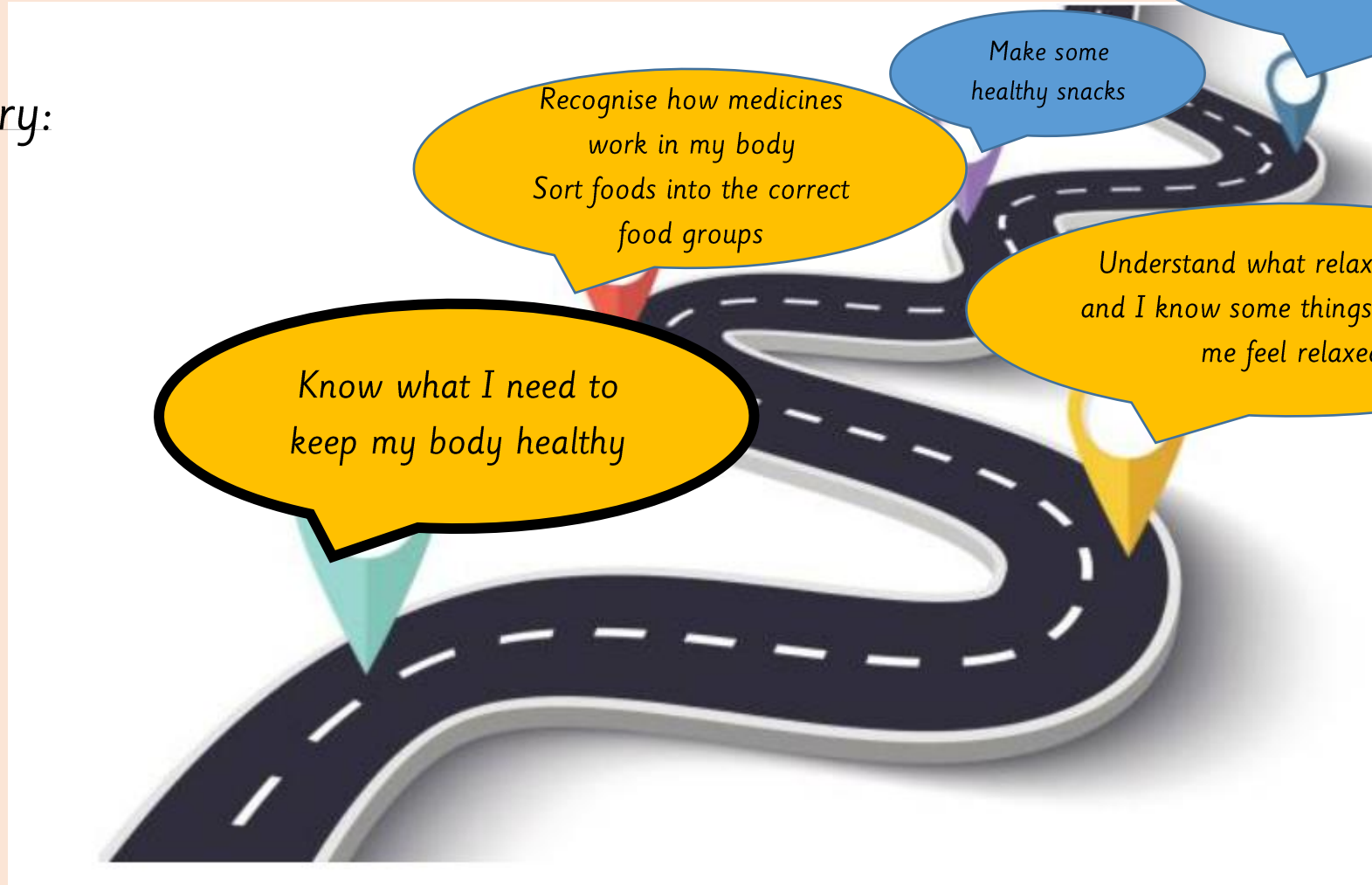


Our PSHE Learning Journey

Key vocabulary:

Healthy
Unhealthy
Balanced diet
Nutritious
Energy
Fuel
Portion
Proportion
Dangerous
Medicines
Safe
Body



Know what I need to keep my body healthy

Recognise how medicines work in my body
Sort foods into the correct food groups

Make some healthy snacks

Understand what relaxed means and I know some things that make me feel relaxed

Understand which foods to eat to give my body energy

Friday 20th March 2026



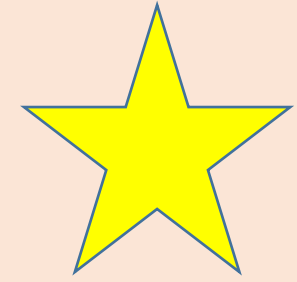
LQ: Can I identify which foods groups I need to eat to keep healthy?

Steps to success

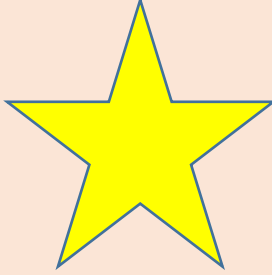


I can identify the food groups I need to keep healthy.

I can explain which foods I enjoy and explain why I enjoy them.



Star Words



balanced diet



healthy



portion



Friday 20th March 2026

LQ: Can I identify which foods groups I need to eat to keep healthy?

Can you feel your tummy rise and fall as your lungs fill with air?

Do this several times. As you breathe out feel any worries or noisy thoughts float away over the hills and into the distance, like the sound of the chime.

Worries and noisy thoughts float away over the hills as you breathe in and out slowly and gently.

You feel happy and peaceful. Your mind is nice and calm and ready to learn.

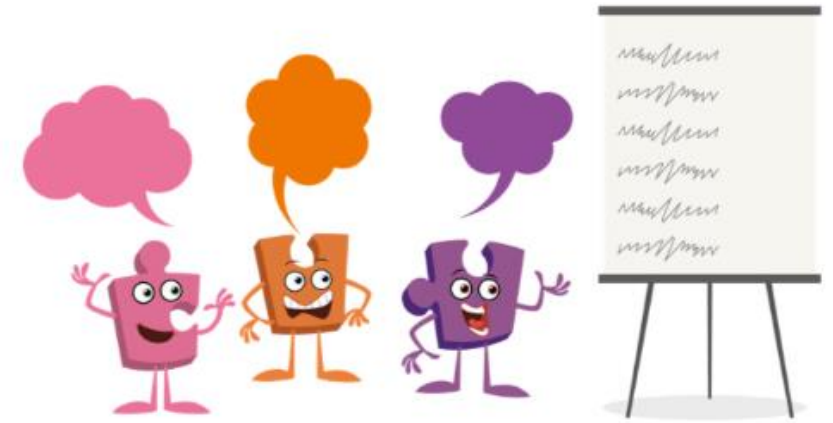


Friday 20th March 2026

LQ: Can I identify which foods groups I need to eat to keep healthy?

Let's make a list!

We are going to work together to discover our class's favourite food. We will collect the data and organise the information using a tally chart to see which food is the most popular.



Favourite foods list

Friday 20th March 2026

LQ: Can I identify which foods groups I need to eat to keep healthy?

There are five food groups which humans need to eat to have a healthy balanced diet.



Fruits and vegetables help to keep our immune system strong. We need at least five a day.



Carbohydrates give our bodies energy. They help to make our muscles and brains work properly.

Friday 20th March 2026

LQ: Can I identify which foods groups I need to eat to keep healthy?

Protein helps your body to grow. It is important for your muscles, skin and organs. Foods like fish, chicken and beef help do this.



Dairy gives us calcium which helps to keep our teeth and bones strong.



Fats give our body energy but they should only eaten in small amounts because too much is not healthy.



Friday 20th March 2026

LQ: Can I identify which foods groups I need to eat to keep healthy?

Eating the right portion (amount) of these foods helps our bodies to stay healthy, strong.



<https://www.bbc.co.uk/bitesize/articles/zhkbn9q#zttmnk7>

Friday 20th March 2026

LQ: Can I identify which foods groups I need to eat to keep healthy?

Match the picture to the food group.



Fruit and vegetables



Protein



Carbohydrates

Fats

Dairy

Friday 20th March 2026

LQ: Can I identify which foods groups I need to eat to keep healthy?

Task

You are going to match the food item to there food group.
Remember, there can be more than one food group in the meal.

Chicken and salad wrap



Mixed Salad



Vegetarian pizza



Chicken curry and rice



Self Assessment

Do you understand what to do?

