

# Our PSHE Learning Journey

## Key vocabulary:

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



Friday 27<sup>th</sup> March 2026



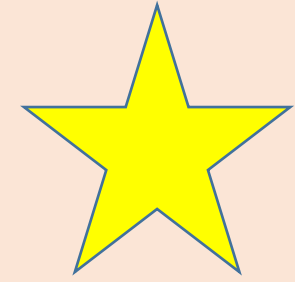
*LQ: Can I understand what healthy snacks are?*

*Steps to success:*

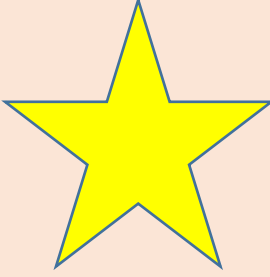


*I can give examples of healthy snacks.*

*I can explain why healthy snacks are healthy for my body.*



# Star Words

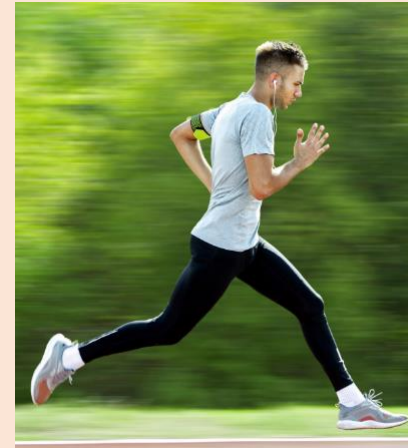


*balanced diet*

*healthy*

*nutritious*

*energy*



Friday 27th March 2026

LQ: *Can I understand what healthy snacks are?*

*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.*

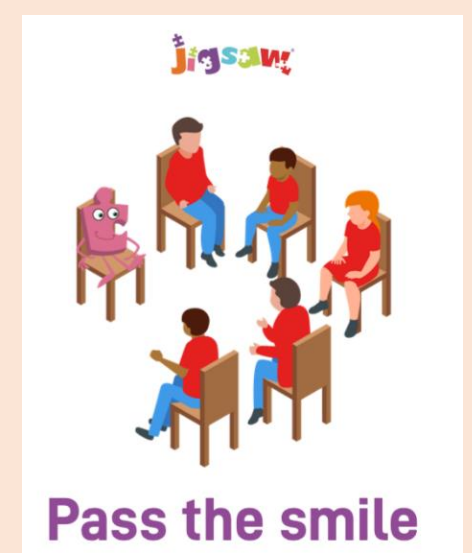
*You feel happy and peaceful. Your mind is nice and calm and ready to learn.*



Tuesday 20<sup>th</sup> January 2026

LQ: Can I work well with a partner or in a group?

# Let's play a game!



**Play 'Pass the smile':** Adult to chose someone and they smile at the person on their right. Then he/she smiles to accept the smile and then smiles at the person on their right.

The smile continues around the circle until it returns to the initial person.

*TP's – How does this game make you feel?*

*How does it feel to receive a smile?*

*Can you shake hands with right hands?*

*Add a handshake to the smile and pass round circle.*

We are going to group foods to see if they are healthy, or unhealthy.



Healthy	Unhealthy

*It is important to eat healthy snacks because they:*

- *Give you energy*
- *Help you concentrate*
- *Keep you full*
- *Keep your body healthy*



Think about the food groups that are in this snack.

TP – Why do you think this snack is healthy?

**Awesome Avocado**

**Ingredients**  
Avocado  
Oatcakes  
Lemon juice



**Method**

1. Peel the avocado and take out the stone
2. Mash the avocado in a bowl and add a squeeze of lemon juice
3. Spread over the oatcakes and enjoy!

**How this snack is good for my body**  
Oatcakes give me energy  
Avocados and lemon juice have lots of vitamins to help my body fight illness and stay healthy

Think about the food groups that are in this snack.

TP – Why do you think this snack is healthy?

### Fruity Scone

#### Ingredients

Plain scone  
Grapes  
Dried apricots



#### Method

1. Slice the scone in half
2. Cut up the apricots into very small pieces and scatter on the scone half
3. Slice the grapes and place on top of the scattered apricots. Enjoy your tasty snack!

#### How this snack is good for my body

Scone gives me energy


Grapes and apricots have lots of vitamins to help my body fight illness and stay healthy

Think about the food groups that are in this snack.

TP – Why do you think this snack is healthy?

### Veggie Dips

**Ingredients**  
Selection of vegetables  
Tomatoes  
Hummus



**Method**

1. Cut up the vegetables into sticks
2. Chop the tomatoes into tiny pieces and mix into the hummus.
3. Dip the sticks into the tomato-hummus.

**How this snack is good for my body**  
Vegetables have lots of minerals and vitamins that help bodies stay healthy  
Hummus is high in protein, which helps bodies grow strong

# Task

Use the recipe cards to help make your own healthy snack. Include the method of how it is made and explain how it is healthy.

<b>Ingredients</b>
_____
_____
<b>Method</b>
_____
_____
_____
<b>How this snack is good for my body</b>
_____
_____
<b>Why do you like this snack?</b>
_____



Self Assessment  
Do you understand what to do?