



Important Vocabulary

unique	<i>Being the only one of its type – everyone’s fingerprints are unique.</i>
Energy	<i>The power or ability to make something work or be active.</i>
Food groups	<i>Any group of food organised by nutritional properties.</i>
Responsibilities	<i>Something for which a person is responsible for. Something you need to do or take care of.</i>
Community	<i>A group of people who live close together or have shared interests..</i>



Key Skills

- To identify ways in which everyone is unique.
- To give examples of choices that you make for yourself and choices others make for you.
- To understand where the body gets energy from.
- To plan a healthy balanced meal from across all food groups.
- To understand ways in which you can contribute to the care of the environment.
- To define what is meant by the word community.
- To carry out basic first aid skills



Key Knowledge/Facts



To be able to identify things that affect a persons health.
 To be able to explain what taking ownership means.
 To be able to explain and give an example of a skill or talent I have developed.



Bouncing back with things go wrong. Having a positive growth mind-set. Healthy eating, healthy mind. The importance of exercise and sleep

This learning will help me in the future when I learn:

Knowing all about facts of the body – what the liver does etc. Importance of aspirations and setting goals for your future.

What I should already know: