

Session 1

Healthy Eating – What does this mean?
Look at food groups. How healthy do you eat? What food group is the healthiest?
Create a healthy smoothie/yogurt.

Session 2

Healthy eating – Create a healthy meal using plan from last week. Taste and trial the food, then evaluate.

Session 3

Safe strangers – who can help us in the community

Keeping yourself safe

Location:
Immersive hall
Staff:
H.Armitage
Group size: 20

What skills will help me as an adult?

FS2



National Curriculum Skills Link

I can find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
-Confident to speak to others about own needs, wants, interests and opinions.
• Can describe self in positive terms and talk about abilities.
-Eats a healthy range of foodstuffs & understands need for variety in food.
-Children know the importance for good health of physical exercise, & a healthy diet, & talk about ways to keep healthy & safe.
-form positive relationships with adults & other children.

Session 4

Keeping clean

Why do we need to keep the house clean?

Look at hoovering, dusting, washing up.

Session 5

Pets

How to look after your pet – what pets do you have?