

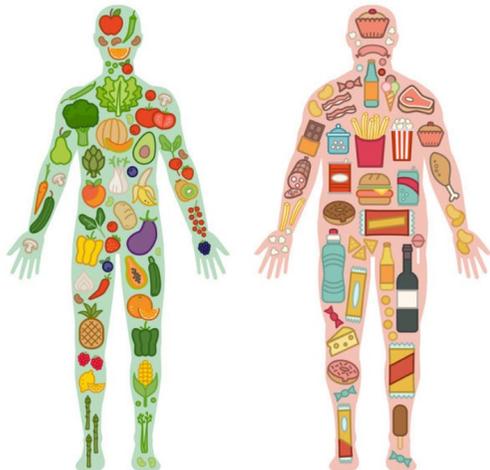
## Being My Best

### What I should already know

- I know a few different ideas of what I can do if I find something difficult.
- I know why certain foods are healthy and why it's important to eat at least five portions of vegetables/fruit a day.
- I know why we have to eat different foods.
- I know the different jobs that food do to the body.

### What I will learn (Sticky knowledge)

- I can name different parts of my body that are inside me and help to turn food into energy.
- I know what I need to get energy.
- I can explain how setting a goal or goals will help me to achieve what I want to be able to do.



### Key questions

#### Looking After My Body

How do we get energy?

What parts of the body turn food into energy?

What do we need to do to stay healthy?

Why do we need to keep doing certain things to stay healthy?

#### Growth Mindset

What can you do if you find something difficult?

Which goals have you set to help yourself?

Does setting a goal help with your learning? How?

### What I will learn next

- I will be able to give a few examples of things that I can take responsibility for in relation to my health and give an example of something that I've done which shows this.
- I will be able to explain and give an example of a skill or talent that I've developed and the goal-setting that I've already done in order to improve it.

### Key Vocabulary

Achieve	To get by trying hard.
Brain	The organ inside the skull of humans and animals.
Choices	To pick or choose something.
Energy	The power to make something active.
Exercise	Activity done to keep the body or mind strong or to make them stronger.
Germ	A microscopic organism, especially one that causes illness. Bacteria and viruses that cause diseases are called germs.
Healthy	Being fit, having a good mind and body.
Injection	A measured dose of liquid medicine that is injected into the body.
Large Intestine	The large, lower part of the intestines. The large intestine absorbs water from digested food and forms solid waste matter.
Lungs	One of two organs in the chest that are used in breathing.
Oxygen	It is a gas that living things need to breathe.
Rest	Sleep that heals or refreshes the body.
Small Intestine	The narrow part of the intestine which connects the stomach and the large intestine. The small intestine digests food and absorbs nutrients into the blood.
Stomach	The organ in the body that receives food that has been swallowed and begins to digest it.
Teeth	The hard, white, bony objects that grow in rows in the jaws of people and animals.
Vaccination	To protect from a disease.