

Year 2 Healthy Me: Keeping Myself Safe

Key Vocabulary

Lifestyle	How you live your life
Motivation	Something inside us that makes to want to do something
Relax	To feel calm
Tense	Feeling nervous
Balanced Diet	Making you sure you eat food from the different groups
Nutrients	Substances that help your body get better
Stranger Danger	Always being careful around adults you do not know

How to Tie Shoe Laces

- Take both laces and cross them over to make an X with the left lace in front.
- Pull the left-hand lace through the bottom of the X.
- Tighten the laces.
- Loop the laces into rabbit ears.
- Cross the rabbit ears over each other so that the right ear is in front of the left.
- Pull the left ear over the right and push through the 'hole' beneath where they cross.
- Pull the ear right through to the other side.
- Tighten the rabbit ears into a bow.

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Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods
Each serving (100g) contains:
Energy: 2000kJ / 475kcal
Total fat: 1.5g
Total carbohydrate: 34g
Sugars: 0.9g
Salt: 0.15g
Typical values (as sold) per 100g: 887kJ / 212kcal
Choose foods lower in fat, salt and sugars

6-8 a day
Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland
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