



Knowledge Organiser

Year: 2 Subject: RSHE Block 3 Keeping Healthy

Units: Mental Wellbeing; Healthy Eating; Health and Prevention

Overview:		
<p>During this sequence of learning, pupils will recognise different types of teasing and bullying and understand that these are wrong and unacceptable. They will look at how different food and drink contains varying amounts of sugar, fat and salt, and why it is important to make healthier choices. They will understand that some bacteria are spread and they have the right to be protected from illness and a responsibility to protect others.</p>		
What should I already know?	Vocabulary:	
<ul style="list-style-type: none"> How to communicate about feelings, recognise how others show feelings, and how to respond to support respectful relationships. Know that all feelings are okay but some behaviours are not. Know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. The need for good oral hygiene to prevent tooth decay caused by bacteria or infection. 	<p>Bullying</p> <p>Power imbalance</p>	<p>Behaviour that is repeated and intended to hurt someone either physically or emotionally</p> <p>Using power, such as physical strength or popularity, to control or harm someone else</p>
What will I know by the end of the unit?		
<ul style="list-style-type: none"> There are different types of bullying including physical, verbal, emotional, sexual and indirect bullying. For example, physical bullying may be pushing, poking, hitting or kicking someone. Verbal bullying may be name calling, teasing, spreading rumours or threatening someone. Bullying can affect how someone feels about themselves, both at the time and in the future. It can affect your self-esteem, make you feel sad, upset and worried. There is never an excuse to be unkind or bully someone. Bullying is taken very seriously in our school. If I am being bullied, or see someone else being bullied, I should always tell an adult and can use our anti-bullying script to help me. Different foods and drinks contain varying amounts of sugar, fat and salt and it is important to eat a varied diet, and choose foods that are healthy for my body. For example, when I am 6 years old I should not have more than 5 teaspoons of sugar per day in all my food and drink but there are 9 teaspoons of sugar in just one can of fizzy cola! Many diseases are spread through tiny particles that contain the disease. For example, when I cough or sneeze these particles fly out of my body into the air and other people can breathe them in. Serious diseases can be prevented through immunisations that start when you are a baby. Lots of things can help prevent me catching other diseases or protect others such as washing my hands, using tissues and keeping surfaces like desks clean. 	<p>Repetitive</p> <p>Purpose</p> <p>Sugar</p> <p>Saturated fat</p> <p>Disease</p> <p>Bacteria</p> <p>Infectious</p>	<p>Doing or saying the same thing several times</p> <p>Reason for what you do</p> <p>A substance, usually from the plants sugar beet or sugar cane, used to make food and drinks sweet</p> <p>Type of fat found in meat, cheese, milk and eggs thought to be bad for your health</p> <p>Illness you can catch or spread caused by infection or bad health</p> <p>Type of germ that can cause infection and disease</p> <p>Able to pass a disease from one person to another</p>