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| Health |
|  **Varied Diet**Eating a varied diet is an important part of living a healthy lifestyle. Food and drinks fall into the following groups:-**Fruit and vegetables:** e.g. apples, tomatoes, lettuce. They contain vitamins and minerals. Carbohydrates: e.g. starchy foods like bread and pasta. They give us lots of energy! **Proteins**: e.g. beans, fish, eggs, meat. They help build muscle**. Dairy**: e.g. milk, butter, cheese. Contain calcium for bones. **Fats and Sugars**: Add fat storage for energy. Try not to have as much of these. |
| Illness and Medicines-Even if we live a healthy lifestyle, we all sometimes get ill (we are likely to get ill much more when we don’t live a healthy lifestyle). Medicines can help to make us feel better. Remember that:-Medicines should be kept out of reach of children-Make sure an adult looks after the medicine-Always take the correct dose. If you don’t know this – don’t take it! |

**Working together to be the best that we can be**

**PSHE – Keeping Safe**

Year 2

Spring 1

**Golden Thread:**

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| Keeping Safe |
| We are learning about how to live healthy and safe lives, to promote our wellbeing and to have positive relationships with others. Active Life Icons Images, Stock Photos & Vectors | Shutterstock You should already know that: Being healthy is about feeling good in your body and wellbeing is about feeling good in your mind. |

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| Health |
| There are several things that we can do to live a healthy lifestyle:Eat healthy meals; Do not eat too much or too little; Exercise every day; Be hygienic (e.g. wash hands before eating meals); Clean your teeth.-Even if we live a healthy lifestyle, we all sometimes get ill. -Illnesses can be mild (like a cold or a sickness bug) or more severe.-Medicines can be used to make us feel better when we are sick.-However, too much medicine can be very dangerous, and can make us very ill. Therefore, only adults should handle medicines. |

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| Wellbeing |
| Tic-Tac-Feelings . Arthur | PBS KIDS**Feeling Safe**-We can experience lots of different feelings. Often, we can tell how someone is feeling from things like their facial expression and body language.-Sometimes, we can feel anxious, scared, worried or nervous about something. This often happens when we feel unsafe. Things that can happen to our bodies at this time include: feeling hot, feeling sweaty, butterflies in the tummy, feeling sick, needing the toilet, -There are several things that we can do when we do not feel safe, including removing ourselves from dangerous situations. Trusted adults can help us when we do not feel safe. | **Knowing How to Respond**-It is important for our mental wellbeing that feel comfortable responding in certain situations. You can learn to use the following responses:Yes – When you feel comfortable about something.No – When you do not feel comfortable about somethingI’ll ask – When you are unsure about something, and want to ask a trusted adult for advice.I’ll tell – When you know that something is wrong/ dangerous, and so should tell a trusted adult. |