
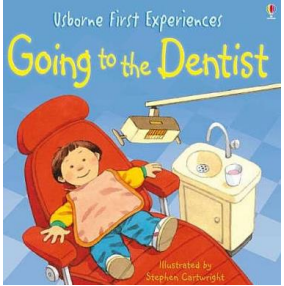
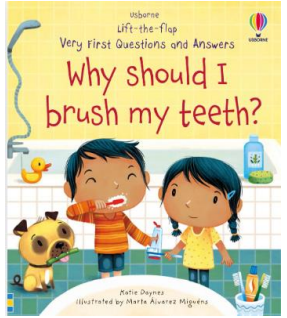
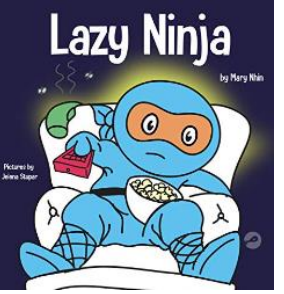


Reception Knowledge Organiser

Autumn 1 Topic



As part of our topic 'My Family and Me' we will be learning about how to take care of our body.

My Family and Me		
Three Key Questions		
What do we need to do to keep healthy?	Why is exercise important?	What do you need to do to take care of your teeth?
Vocabulary	General Knowledge	Key Texts
<p>Healthy Eating Choosing the right foods to help your body to grow.</p> <p>Balanced diet Eating a wide variety of foods.</p> <p>Exercise A way of keeping your body healthy by moving.</p> <p>Teeth Hard white things in our mouth which we use to chew our food.</p> <p>Dentist A lady or man who checks our teeth are well looked after and growing how they should.</p> <p>Sleep When your eyes are closed, your body is relaxed and you are lying down. Resting your body for the next day.</p>	<p>Questions to ask your child</p> <p>Which foods are healthy? Which foods are unhealthy? Can you name some types of exercises? Why is exercise important? What must you do to take care of your teeth? Why is sleep important?</p> <p>Activities to do together at home</p> <p>Draw a picture of you doing your favourite exercise. Prepare and make a balanced meal together. Sort a variety of foods in your kitchen in to two groups. Food that are healthy and foods which are unhealthy Take up a new form of exercise together. Draw some pictures to show how to look after your teeth.</p>	   

Activities carried out at home together can be shared with us using your Tapestry app by adding an observation. Please do share your child's work with us. We love to see how they are getting on at home.