

Knowledge Organiser: Healthy Living



What are the different food groups?

What can we do to keep healthy?
There are different things we can do to stay healthy:

Keep clean



Balanced diet



Did you know?

Sugary drinks are bad for your teeth.



Water

We drink water to keep us hydrated.



Protein

Protein helps our bodies stay strong and it helps us grow.



Exercise



Drink water



Dairy

Dairy gives us calcium and strengthens our bones



Fats

Fats are part of a balanced diet and give us energy.



Carbohydrates

Carbohydrates give you lots of energy. They make you feel fuller for longer.



Fruit and vegetables



Bread, other cereals, and potatoes



Meat, fish and alternatives



Foods containing fat and foods



Milk and dairy products



Fruit and vegetables
Fruits and vegetables contain vitamins and minerals.



There are 5 food groups.

What do you do to keep healthy?

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Vocabulary

Hydrated - Getting the right amount of water to keep you healthy.

Balanced diet - Eating the right types of food to keep you healthy.

Healthy - Things that are good for your body.

Protein - Something that is found in meat and some other foods like beans.

Carbohydrates - Something that is found in food that gives you energy.

Dairy

Fats

Sugars

Exercise - An activity that makes your heart beat faster and keeps you fit and healthy.