

Knowledge Organiser



Year 1 - Being My Best

Key questions

Growth Mindset

What can you do if you find something difficult?

Do you need just one idea to help, if you find something difficult?

How have your ideas helped you?

Keeping Healthy

Which foods are healthy and why?

Why do we need to eat different foods?

What jobs do different foods have in the body?

Key vocabulary

starchy dairy protein
sugar practise fruit difficult
learning make mistakes
hygeine cereal bread spread
try water energy help
healthy support vitamins
vegetables germs

I can ...

I can name a few different ideas of what I can do if I find something difficult.

I can say why certain foods are healthy and why it's important to eat at least five portions of vegetables/fruit a day.