

# Team 1 - Knowledge Organiser – ‘Healthy Me’

**What you should know already:** About similarities and differences in relation to places, objects, materials and living things. Be able to talk about the features of your own immediate environment and how environments might vary from one another. Make observations of animals and plants and explain why some things occur and talk about changes.

How to play on a touch screen game and use **computers/keyboards/mouse** in role play. How to **type** letters using a keyboard and **tablet** and the difference between a **photograph** and **video**. How to **record, play and watch back** short films using the **camera**. How to follow a simple recipe, with adult support, to make scones and about basic hygiene and kitchen safety.

## Top Vocabulary

human	people – we are humans
offspring	the babies of an animal / human
survive	to stay alive
healthy	to have good physical and mental health
mental health	<b>our emotional, psychological, and social well-being.</b> It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.
hygiene	ways to keep clean and stop illness
recipe	a set of instructions for preparing a particular dish, including a list of the ingredients required
ingredients	are the things that are used to make something, especially all the different foods you use when you are cooking a particular dish.
rehearsal	a practice to prepare for a performance
narrator	tells the story / explains what is happening during a performance
delete	to erase / remove / get rid of something

## Synopsis

This term we will be focusing on the theme of ‘Healthy Me’ with a Science, Computing and Design Technology (DT) focus. The children will be looking at how to be healthy, including thinking about good mental health, exercise, what they eat and good hygiene. They will also be learning about what animals (including humans) need in order to survive. In DT, the children will be following simple recipes and using equipment to bake muffins. They will also be using the bridge hold and claw grip to safely cut fruit for snack time. In Computing, the children will be using iPads to record simple films as well as developing word processing skills, such as using the space bar, return, back space and letter keys to type up their muffin recipe / a message in a Christmas card. We will also be preparing for our Nativity play ‘Bethlehem Bake Off’. The Year 2 children will be leading this, learning the speaking parts and the Year 1 children will be joining in with learning all of the songs ready for the performance.



## Key Knowledge

Humans should have a balanced diet, regular exercise, good hygiene, enough sleep and drink water to stay healthy.

Animals (including humans) need air, water, food, shelter and sleep to survive.

### Cutting Skills:

The ‘claw’ grip is done by keeping the fingers curled inward and gripping the food with the fingernails so that the fingers stay out of harm’s way. [The Claw Grip - YouTube](#)

The ‘bridge’ hold is done by holding the food to be cut between the fingers and thumb creating a bridge. The knife should go through the bridge to cut the food. [The Bridge Hold - YouTube](#)