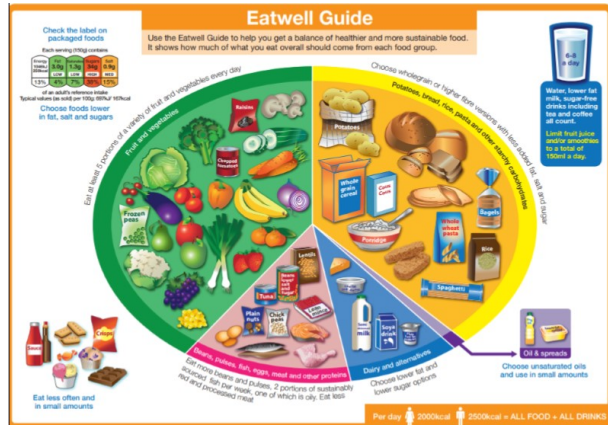


PSHE Knowledge Map - Autumn 2 – Healthy Eating



Healthy Eating



Vocabulary

1	Healthy	A person in a good physical or mental condition.
2	Diet	The kinds of food that a person, animal, or community eats.
3	Protein	A food group that helps the body to function fully. Items include fish, meat, nuts and lentils.
4	Carbohydrate	A food group that gives the body energy. Items include rice, pasta, potatoes.
5	Dairy	A food group that supports bone health and the strength of the body. Items include milk, cheese and yoghurt.
6	Fats	A food group that the body needs to store energy in the body.