

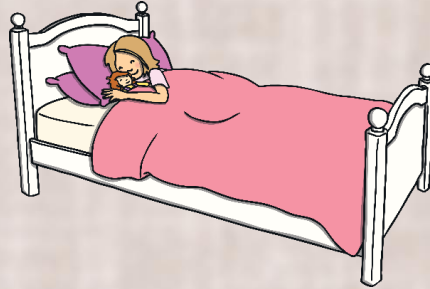


Healthy Me and My World

EYFS – Knowledge Organiser

My Body

Our bodies will tell us when we need a rest. We need to get lots of sleep at night, too.



Our bodies are really clever, but we need to look after ourselves to help us stay happy and healthy. There are lots of things we can do to help look after ourselves.

Eating a balanced diet means eating lots of different types of food. We should try to eat lots of fruit and vegetables.



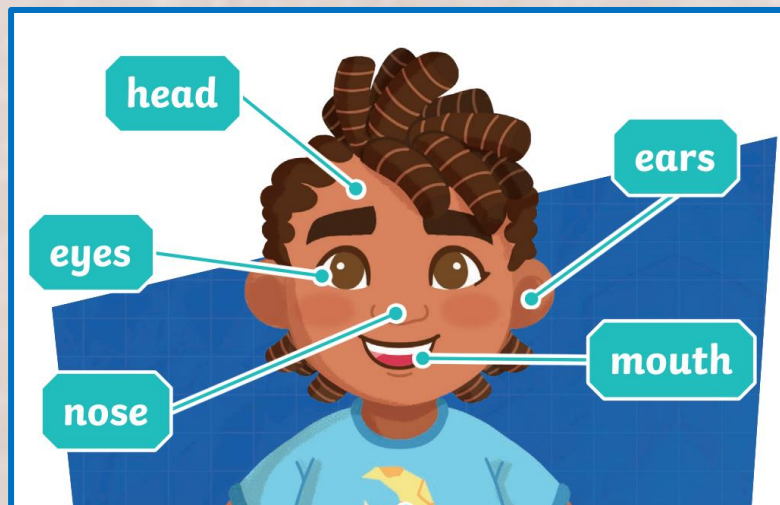
Wash our hands.



Have baths and showers to keep our bodies clean.



Clean our teeth.



I am learning to...

Name and describe people who are familiar to me.



Understand how to listen carefully.

Comment on images of familiar situations in the past.