

Knowledge Organiser - Being my Best Summer Term 2 2026 GC

Sticky Knowledge – What I already know

- I know what foods are healthy and know that I should eat a lot of these and I know what foods are not healthy and I should eat less of these
- I know what diseases are and how I can stop them spreading

Key Knowledge - What I will know at the end of the unit

- I know how to be resilient and confident when facing challenge
- I know and can name healthy foods and drinks
- I know the importance of fruit and vegetables in my diet
- I know that learning a new skill requires practice and the opportunity to fail
- I know there are stages in the learning process and how to apply a positive mindset when faced with challenge
- I know about how germs can be spread and know about the importance of handwashing and what vaccinations do

Key Themes

Making healthy choices, Being persistent , Keeping healthy, Growth Mindset, Looking after my body, Growth Mindset



The Acorn Partnership

Marston Montgomery Primary School
Long Lane C of E Primary School

Word	Definition
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Bounce back:	Get up and keep going
Encourage:	Say kind words to help
Try again:	Have another go
Food:	Things we eat and drink
Energy:	What gives us power to move and play
Grow:	Get bigger and stronger
Healthy:	Feeling well and strong
Fruit:	Sweet foods that grow on plants, like apples
Vegetable:	Foods that grow from plants, like carrots
Dairy:	Foods from milk, like cheese and yogurt
Starchy:	Foods like bread, rice, and pasta that give us energy
Dairy:	Foods from milk, like cheese and yogurt
Protein:	Foods that help our bodies grow and get strong
Fruit:	Sweet foods that grow on plants
Vegetables:	Foods from plants that help keep us healthy

Word	Definition
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Vitamins:	Things in food that help our bodies stay well
Portion:	The amount of food we eat
Learning:	Finding out new things
Practice:	Doing something again and again to get better
Make mistakes:	Getting things wrong while learning
Confidence:	Believing you can do it
Achievement:	Something you have done well
Practice:	Do it again and again to get better
Encourage:	Say kind words to help
Goal:	Something you want to do
Achieve:	Do something you worked for
Challenge:	Something that is a bit hard to do
Vaccination:	A medicine that helps stop you getting ill
Injection:	A needle that puts medicine into your body
Disease:	An illness that can make you unwell
Hygiene:	Keeping clean to stay healthy
Germs:	Tiny things that can make you ill