

# Being My Best Knowledge Page Year 1

## Key questions

**What foods does my body needs?**

**What are germs?**

**Why do we say nice things to our friends?**

**What do I do if I've had a bad day?**

**starchy**

**protein**

**dairy**

**sugar**

**fruit**

**practise**

**learning**

**make mistakes**

**hygiene**

**cereal**

**bread**

**spread**

**support**

**vitamins**

**vegetables**

**germs**

**healthy**

**water**

**energy**

**try**

**difficult**

## Lesson Progression

<b>Wk</b>	<b>Lesson</b>
1	I can eat a rainbow
2	Eat well
3	Catch it! Bin it! Kill it!
4	Harold learns to ride his bike
5	Pass on the praise!
6	Harold's Wash and Brush Up!

## Resources

Coram Life Education