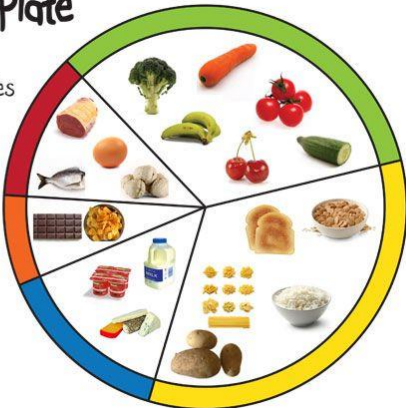


## A Balanced plate

- Fruit and vegetables
- Grains, cereals and potatoes
- Dairy products
- Meat, fish, nuts and eggs
- Fats and sugars



# Healthy me!

$0+10=10$



$4+6=10$



$8+2=10$



$1+9=10$



$5+5=10$



$9+1=10$



$2+8=10$



$6+4=10$



$10+0=10$



$3+7=10$



$7+3=10$



ink saving Eco

## Key Vocabulary

Healthy

Foods and activities that are good for your body

Unhealthy

Foods and activities that are not good for your body

Diet

The foods you eat

Nutritious

Foods that are good for you

Hygiene

Keeping yourself clean

Observation

Looking at something really carefully, noticing details

Stranger

Someone you don't know

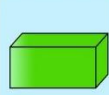
## 3D Shapes



cylinder



cube



cuboid



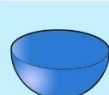
cone



pyramid



sphere



hemisphere



triangular prism

Term 4 2021-2022  
Knowledge  
Organiser  
Reception