

nutritious

# Jigsaw Jo's Journey



calm

Healthy Me

lifestyle

How do my choices affect my health?

I will learn about...

- What my body needs to be healthy 
- Different ways to be relaxed 
- Medicines and how they work
- How to use medicine safely
- Healthy foods and the different food groups
- Which foods give my body energy

motivation

I will explore...

- Different feelings such as weak and strong feelings
- How to care for my body
- How to keep my body healthy
- Healthy relationships with foods
- How it feels to eat healthy and nutritious foods and which foods I enjoy

balanced diet

relaxation

dangerous

relax

tense

calm

proportion

energy

# Jigsaw Jo's Journey

Why is it important to keep healthy?

How do you know if something is a medicine?  
If you are not sure, what should you do?

## My Thinking Pad

What have I learnt in this puzzle that helps me to be mentally and physically healthy?

A healthy choice could be...

When I make a healthy choice, it makes me feel...

I can be safe when taking medicines by...

Can you explain why foods can be good for your body?

Healthy Me

