

Puzzle Map - Ages 6-7

Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book' (Piece 6: Healthy Recipes)



Weekly Celebration (Find out more)	Piece and Vocabulary	PSHE learning intention	Social and emotional development learning intention	Resources
				For every lesson: Jigsaw Charter Jigsaw Chime Jigsaw Jo Jigsaw Jerrie Cat Jigsaw Journals My Jigsaw Journey Learning/Reflection Sheets

Have made a healthy choice	1. Being Healthy • <i>Healthy choices</i> • <i>Lifestyle</i> • <i>Motivation</i>	I know what I need to keep my body healthy	I am motivated to make healthy lifestyle choices	Music Jigsaw Song: 'Make a Good Decision' (embedded in lesson) Help Jigsaw Jo sheet
Have eaten a healthy, balanced diet	2. Being Relaxed • <i>Relax</i> • <i>Relaxation</i> • <i>Tense</i> • <i>Calm</i> • <i>Stress</i>	I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed	I can tell you when a feeling is weak and when a feeling is strong	Printed slide images (optional)
Have been physically active	3. Medicine Safety • <i>Healthy</i> • <i>Dangerous</i> • <i>Medicines</i> • <i>Safe</i> • <i>Body</i>	I understand how medicines work in my body and how important it is to use them safely	I feel positive about caring for my body and keeping it healthy	Bag of empty medicine packets/bottles

Have tried to keep themselves and others safe	4. Healthy Eating • <i>Healthy</i> • <i>Balanced diet</i> • <i>Portion</i>	I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy	I have a healthy relationship with food and know which foods I enjoy the most	Eat well food cards Food group word cards
Know how to be a good friend and enjoy healthy friendships	5. Healthy Eating • <i>Healthy</i> • <i>Balanced diet</i> • <i>Energy</i> • <i>Nutritious</i>	I can make some healthy snacks and explain why they are good for my body	I can express how it feels to share healthy food with my friends	A range of healthy food choices / snack ingredients Basic cookery equipment Healthy Snack Recipes Healthy Snack Recipe Template
Know how to keep calm and deal with difficult situations	6. Happy, Healthy Me! • <i>Healthy</i> • <i>Unhealthy</i> • <i>Balanced diet</i> • <i>Nutritious</i> • <i>Energy</i> Puzzle outcome: Healthy recipes Assessment Opportunity	I understand which foods to eat to give my body energy	I have a healthy relationship with food and I know which foods are most nutritious for my body	Optional: large pieces of paper for life-size child body outlines Happy Healthy Me Recipe templates Certificates