Knowledge Organiser

SCARF

Year 1 - Being My Best

Key questions

Growth Mindset

What can you do if you find something difficult?

Do you need just one idea to help, if you find something difficult?

How have your ideas helped you?

Keeping Healthy

Which foods are healthy and why?

Why do we need to eat different foods?

What jobs do different foods have in the body?

Key vocabulary

starchy dairy protein sugar practise fruit difficult learning make mistakes hygeine cereal bread spread try water energy help healthy support vitamins vegetables germs

I can ...

I can name a few different ideas of what I can do if I find something difficult.

I can say why certain foods are healthy and why it's important to eat at least five portions of vegetables/fruit a day.