Summer 2026

Reception Knowledge Organiser- Let's get moving!



Key Vocabulary

carbohydrates	exercise	healthy
clean	unhealthy	hygiene
carbohydrates	fruit	wellbeing
balanced diet	fitness	sugar
vegetables	protein	junk food

Where does our food come from?

We can buy our food from farms, shops, markets or supermarkets. Have a think about where different types of food come from...

- Apples come from a tree.
- Milk comes from a cow.
- Eggs come from a hen.

Looking after yourself

Our bodies are really clever, but we need to look after ourselves to help us stay happy and healthy. There are lots of things we can do to help look after ourselves.



We can ...



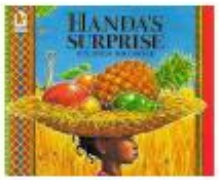






Possible books to enjoy together:

Handa's surprise



Oliver's Fruit Salad





The Very Hungry Caterpillar

Oliver's Vegetables

