



**PSHE Topic:** Why should we eat well and look after our teeth?

**Year:** 3 **Term:** Summer 1

## Key Knowledge/Content:

- **Physical health and mental wellbeing-** Know how to make informed decisions about their health.
- **Mental health-** Discuss how exercise can have a positive impact on our mental health.
- **Healthy lifestyles and physical wellbeing-** Understand good physical health and understand that some habits can have both positive and negative effects on healthy lifestyles.

## Links to:

### Prior learning:

To discuss what nutrition is and what a balanced diet should look like.

### Future learning:

To understand that they can make healthy choices that will affect their bodies.

## Key vocabulary with definition:

### Prior vocabulary:

- **Calories-** A calorie is a unit of energy in nutrition. It refers to the energy people get from their food.
- **Energy -** The strength and vitality required for sustained physical or mental activity.
- **Mental health-** A person's condition with regard to their psychological and emotional well-being.

### New vocabulary:

- **Acidic –** Foods with a high acidic PH level can take longer to decompose.
- **Saturated fats-** A type of fat containing a high proportion of fatty acid molecules without double bonds, considered to be less healthy in the diet than unsaturated fat.

## By the end of this unit

**All children can: recognise** how to make informed decisions about their health.

**Most children can: demonstrate** their understanding that some habits have a positive impact but others can have a negative impact.

**Some children can: demonstrate** and **explain** how exercise benefits our mental health and how an inactive lifestyle can have a negative effect on our mind and body.

## Background understanding for teachers and parents:

This unit will be focused on a healthy lifestyle and what can happen to our teeth if we eat too much sugar. Children will look at the positive impact exercise has on their mental health.

## Curriculum Driver:

Healthy lifestyle

## Evidence outcome:

Openly discuss what a healthy diet is and the impact of exercise on their bodies.