Goonhavern Primary School-PSHE

TOPIC: Why Should we Eat Well?

YEAR: Three STRAND: Health and

Wellbeing

What should I know already?	What will I know by the end of the unit?		
Different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest. That eating and drinking too much sugar can affect their health, including dental health	 How to eat a healthy diet and the benefits of nutritionally rich foods. How to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist. How not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health. How people make choices about what to eat and drink, including who or what influences these choices. How, when and where to ask for advice and help about healthy eating and dental care. 		

Vocabulary						
Health/unhealthy eating	Healthy eating is the key: a balanced diet is one that is both yummy and good for you too.					
Balanced diet	A diet that is balanced in all the nutrients required to stay healthy					
Proteins	Food group (meat, fish, lentils, eggs, and nuts, for example).					
Carbohydrates	Food group (rice, bread, and wheat, for example).					
Fats	Food group (cheese, oil, butter, and nuts, for example).					
Vitamins and minerals (Magnesium and potassium for example give the body all that it needs to keep well.						
Calories	A measure of energy in food					
Energy	Food is any nutritious substance that people or animals eat to give them energy and building blocks to grow and repair. Our bodies tell us when we need food by feeling hungry. The types of food we eat determine what types of building blocks and energy sources our bodies use.					
High fibre	High fibre (the indigestible portion of plant foods) diet is the best for controlling weight as it makes you feel full.					
Sugar	The food that we call sugar is a carbohydrate called sucrose which is made up from 2 smaller carbohydrates – fructose and glucose . Glucose is used by our body for energy, and fructose is quickly changed into glucose in our body					
Salt	Salt is a natural mineral and is made of sodium and chloride, which is why it is					

	called sodium chloride by scientists. Children should eat a healthy amount of salt daily, about 1,500 milligrams, to keep your heart, blood pressure, muscles and water level in your body healthy.			
Vegetarians/vega ns	While vegetarians do not eat any kind of meat, very strict vegetarians, called vegans , do not eat any products that come from animals such as milk or honey.			
Healthy Lifestyle choice	Choices we make to stay healthy.			

Image/diagram that helps me to articulate my knowledge/understanding	Investigate!
Healthy Lifestyle Balance Carbohydrate Food Fitness Nutrition Diet Facts Nutrition Doctor Fat Life Calories Treatment Sodium Vitamin Protein Healthcare Carbohydrate Facts Matrition Doctor Fat Life West Calories Treatment Sodium Protein Healthcare	 Go to Mr Fruity to buy food to create healthy meals. Teeth brushing tablets that colour the teeth. Sugar experiments with coins in Coke. Create a healthy cafe and invite friends and families. Create fruit smoothies/kebabs.

Goonhavern Primary School					
TOPIC:	YEAR:	STRAND:			

Q1	Start of Unit	End of Unit	Q3	Start of Unit	End of Unit

Q2	Start of Unit	End of Unit	Q4	Start of Unit	End of Unit