

Goonhavern Primary School- PSHE

TOPIC: What Helps us to Grow and Stay Healthy?

YEAR: Two

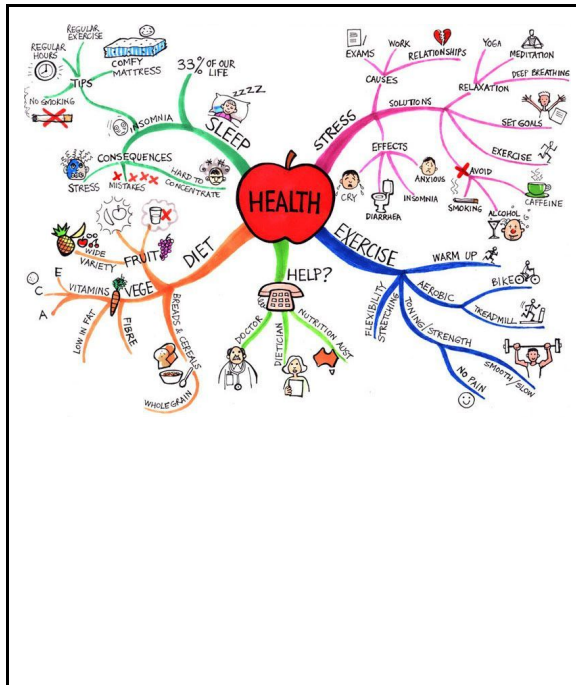
STRAND: Health and Wellbeing

What should I know already?	What will I know by the end of the unit?
<ul style="list-style-type: none"> ● What being healthy means and who helps help them to stay healthy (e.g. parent, dentist, doctor) ● That things people put into or onto their bodies can affect how they feel ● How medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy ● Why hygiene is important and how simple hygiene routines can stop germs from being passed on ● What they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing 	<ul style="list-style-type: none"> ● That 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 be physically active and how much rest and sleep they should have everyday ● That there are different ways to learn and play; how to know when to take a break from screen-time ● How sunshine helps bodies to grow and how to keep safe and well in the sun ● Identify different fruit and vegetables ● Explore and evaluate fruit and vegetables, describing their feel, appearance, smell and taste ● Recall the new recommended daily maximum sugar intake for their age range ● Explain why fruit and vegetables are an important part of a healthy diet, are a good sugar swap and why they are important to their 5 a Day ● Understand and compare the sugar content in a variety of food and drink products ● Select lower-sugar alternatives to high-sugar products ● To know that sleep is important for health,

	<p>how many hours I need and good sleep habits.</p> <ul style="list-style-type: none"> • I know to wear a hat, sunscreen, drink water and keep covered up to staysafe in the sun.
--	--

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	Vitamins (A, B, E) and minerals (magnesium and potassium for example) give the body all that it needs to keep well.
Calories	A measure of energy in food.
Lifestyle choices	Choices we make to stay healthy.
Physically active	Physical activity includes exercise as well as other activities which involve bodily movement and are done as part of playing and working.
Dental health/oral hygiene	Oral hygiene is the practice of keeping one's mouth clean and free of disease and other problems by regular brushing of the teeth and cleaning between the teeth.
Sun protection	How to keep safe in the sun so that you don't burn or become ill.
Screen time	The amount of time spent using a device such as a computer, television, or games console.

Image/diagram that helps me to articulate my knowledge/understanding	Investigate!
	<ul style="list-style-type: none"> • Complete activities from Food Detectives https://campaignresources.phe.gov.uk/schools/resources/Food-Detectives-KS1-To



olkit

- Sing the 5 a day song <https://www.bbc.co.uk/bitesize/clips/z2pxpv4>
- Invite a local dentist to talk to children.
- Design posters for different ways to stay healthy- diet, exercise, sleep, teeth, sun etc

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
