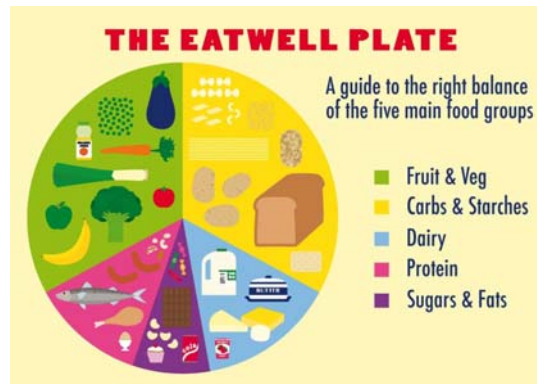


Year 3 and 4: Health and Wellbeing

Subject Specific Vocabulary	
Lifestyle	Someone's way of living; the things that a person or particular group of people usually do.
Nutrition	The substances that you take into your body as food and the way that they influence your health.
Physical	Relating to the body.
Mental	Relating to the mind, involving the process of thinking.
Oral hygiene	Relating to dental care.
Benefit	A helpful or good effect, or something intended to help.
Consequences	A result of a particular action or situation.



Why should we eat well and look after our teeth?



What I will learn by the end of this topic:

- About a healthy diet and the benefits of nutritionally rich foods
- How to maintain good oral hygiene and the importance of visiting the dentist
- The affects a poor diet can cause on health and dental health
- Influences that affect choices people make about their diet
- How, when and where to get advice and help about healthy eating and dental care.

Mindful Exercises



Previous Learning

- I know different things help our bodies to be healthy, including the affect of sugar on our teeth.
- I know how much rest and sleep you should have everyday.
- I know keep safe in the sun and how it helps our bodies grow