

Health and Wellbeing: Why should we eat well and look after our

PSHE

Year 4: Spring 1

Sticky Knowledge



Key Vocabulary

How do we spot others trying to influence our decisions?

A: Advertising to try to make you buy, news reports - what do they want you to think. Always thinking about what you see/read and unpicking WHY you are being shown it.

How do we look after our teeth?

A: Dental Hygiene: Brushing, flossing, Dentists visits. What should you do if you are worried or unsure?
A: Talk to a friend or a trusted adult.

How does our diet help or hinder our dental hygiene?

A. Food and drink choices and avoiding sugar/acidic/ fizzy drinks!

Why is moderation important to a healthy diet?

A: Nothing is BAD for our health - everything is needed HOWEVER we need more of some things than others. Moderation = eat these things 'some' of the time not all of the time.

Vocabulary

Definition

healthy diet

a balance of different foods and nutrients in the diet for good health and wellbeing.

nutritionally

the process by which living things receive the food necessary for them to grow and be healthy

dentally beneficial

favourable or advantageous for the teeth and mouth

impact

a marked effect or influence

choices

the right or ability to choose.

sugar/acidic drinks

any beverage with added sugar or other sweeteners (high fructose corn syrup, sucrose, fruit juice concentrates, and more).

influences

the capacity to have an effect on the character, development, or behaviour of someone or something, or the effect itself.