

Goonhavern Primary School-PSHE

TOPIC: Why Should we Eat Well?	YEAR: Three	STRAND: Health and Wellbeing
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What should I know already?	What will I know by the end of the unit?
<p>From Year 2:</p> <ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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	Vitamins (A, B, E) and minerals (magnesium and potassium for example) to 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

