

Year 3 – Term 1

How can the choices we make affect our well-being?
PSHE



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
How, when and where to ask for advice and help about healthy eating and dental care

Long-term Memory Knowledge:

Talk about what a healthy diet could look like and the sort of things people should be eating and in what sort of quantity.
Know how to have good oral hygiene and the importance of regular visits to the dentist.
Know some of the ways not eating a balanced diet can affect health.
Know who or what can influence the choices about what to eat and drink.
Know who to ask for advice for healthy eating and dental care.

Key Vocabulary

| | |
|---------------------------|--|
| Healthy diet | Eating the right mix of foods like fruits, vegetables, grains, dairy, and protein to help your body grow strong and stay well. |
| Nutritionally rich | Food that is full of good things like vitamins, minerals, and energy your body needs to be healthy. |
| Oral hygiene | Taking care of your mouth, teeth, and gums by brushing and keeping them clean. |
| Flossing | Using a special string to clean between your teeth where a toothbrush can't reach. |
| Influence | Something or someone that can help you make a choice or |

| | |
|--|---|
| | change your behaviour (like friends, family, or adverts). |
|--|---|

Progression in Resources:

| |
|---|
| EatWell plate food packaging toothbrushes toothpaste dental floss disclosing tablets for teeth |
|---|

Relevance

| | |
|-------------------|--|
| Now | Children understand how to eat a healthy diet and what impact that would have on them. Children know the importance of good oral hygiene. Children know who to talk to for advice and help about healthy eating and dental care. |
| Future | Children know how to have a healthy lifestyle and make healthy choices. |
| Aspiration | Healthy lifestyle plays an important role in the children's lives; they might go into a job such as a dentist or dietitian. |

National Curriculum Links:

Benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness
Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests

Essential Prior Learning:

Different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest.
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.
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.

Progression in Skill:

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