

Year 3 Term 1

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

PSHE



Progression in Skill:

Suggest ways to maintain a healthy diet and understand the benefits of eating a range of nutrients.
Name some of the ways your health can be affected when you don't eat a balanced diet, including the impact of too much sugar or acidic drinks on dental health.
Name some of the factors that influence our choices about what we eat.
Suggest ways to maintain good oral hygiene, e.g. regular brushing and flossing and the importance of regular visits to the dentist.
Understand the possible consequences of unhealthy dental habits.
Independently recognise the need to wear a seatbelt.
Demonstrate using a knife safely with increasing competence.
Recognise the importance of eating all the elements of the Eatwell plate.

Long-term Memory Knowledge:

Suggest ways to make sure your diet is healthy and know why it is important to eat a wide range of foods.
Name some of the consequences of an unhealthy diet.
Name some of the things/people that can influence what someone chooses to eat or drink, e.g. family, culture, cost, advertising, lifestyle.
Name some of the things people can do to look after their dental hygiene: regular brushing, flossing, healthy food choices, and dental check-ups.
Name some of the consequences of poor oral hygiene: tooth decay, gum disease, and tooth loss.
Know why it is important to wear a seatbelt.
Use a knife safely.

Key Vocabulary

Nutrition	The process of obtaining and using food and nutrients to support health and growth.
Immune System	The body's natural defence against illness, infection, and disease.
Dietitian	A qualified health professional who gives advice about food, nutrition, and healthy eating.
Gum Disease	An infection of the gums that can cause swelling, bleeding, and tooth loss if untreated.
Prevention	Taking action to stop health problems before they happen.

Progression in Resources:

Healthy meal planning templates
Nutrition labels from food packaging
Sugar content comparison activities
Tooth decay and enamel erosion information
NHS healthy eating resources
Dental hygienist information leaflets /visit

Relevance

Now	Children can learn how to make healthy food and drink choices, develop good oral hygiene habits, and understand how their diet affects their health and teeth.
Future	Children can build healthy habits for life, reduce the risk of future health and dental problems, and make informed choices about their wellbeing as they become more independent
Aspiration	Children can develop the confidence and skills to look after their own health, maintain a healthy lifestyle, and seek help and advice when they need it.

Relationships Education, Relationships and Sex Education (RSE) and Health Education Statutory Guidance

What constitutes a healthy diet (including understanding calories and other nutritional content)
Understanding the importance of a healthy relationship with food.
The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)
About dental health and the benefits of good oral hygiene, including brushing twice a day with fluoride toothpaste, cleaning between teeth, and regular check-ups at the dentist.

Essential Prior Learning:

Name different things to help their bodies to be healthy, including food and drink, physical activity, sleep and rest
Know that eating and drinking too much sugar can affect their health, including dental health
There are different ways to learn and play; how to know when to take a break from screen time
Suggest ways to be physically active
Know some of the things we do to use medicines safely.
Know the importance of sunshine in helping your body to grow.
Suggest ways to stay and well in the sun.
Talk about some of the ways people grow and change.
Know how much sleep and rest you should be getting.