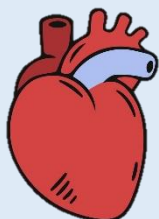


## How responsible are we for our own health?

PSHE



Make or prepare simple foods that do not need heating.

### Progression in Skill:

How to make choices that support a healthy, balanced lifestyle including:  
 How to plan a healthy meal  
 How to stay physically active  
 How to maintain good dental health, including oral hygiene, food and drink choices  
 How and why to balance time spent online with other activities  
 How sleep contributes to a healthy lifestyle; the effects of poor sleep; strategies that support good quality sleep  
 How to manage the influence of friends and family on health choices.  
 That habits can be healthy or unhealthy; Strategies to help change or break an unhealthy habit or take up a new healthy one.  
 How legal and illegal drugs can affect health and how to manage situations involving them.

### Long-term Memory Knowledge:

A balanced meal has a balance of nutrients.  
 A healthy diet will consist of a range of meals, with a balance of nutrients, colours, food groups and calories consumed over time.  
 Foods aren't 'good' or 'bad' but some should be consumed in moderation and others eaten more frequently and in greater quantities.  
 Physical activity will increase the heart rate.  
 People should choose physical activity they enjoy – this can be individual or team/group activities.  
 Time online should be balanced with other activities.  
 Sleep helps our bodies to grow and repair, boosts our immune system and our ability to concentrate.

Drugs – whether legal or illegal – alter our bodies and can be harmful if instructions and/or guidance is not followed.

### Key Vocabulary

<b>physical activity</b>	moving the body – not being still
<b>lifestyle</b>	the way you live your life
<b>calories</b>	units of energy
<b>nutrition</b>	what's in your food
<b>legal</b>	within or obeying the law
<b>illegal</b>	outside of or breaking the law
<b>drug</b>	substance that has an effect on the body
<b>balance</b>	having good or equal amounts of the necessary parts

### Progression in Resources:

grater, knife, rolling pin, scone cutters  
 heat source: oven, hob, microwave

### Relevance

<b>Now</b>	Children can understand why they are asked to do particular things in relation to their health; they begin to make healthier/balanced choices for themselves.
<b>Future</b>	As adults, children make their own decisions to maintain a healthy lifestyle and encourage others in their family and friendship circle to do the same.
<b>Aspiration</b>	A career as a nutritionist, paediatrician, personal trainer, etc. is chosen.

### National Curriculum Links:

Pupils should know:

- what constitutes a healthy diet (including understanding calories and other nutritional content).
- the principles of planning and preparing a range of healthy meals.
- 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).

### Essential Prior Learning:

Children should know:

Physical exercise involves moving the body.

A person's diet is made up of the different foods and drinks they consume.

We should be eating a variety of foods to be healthy.  
 Everyone needs to sleep.

Germs can cause illnesses and infections.

Some people become ill if they eat or are exposed to certain substances because they are allergic.

Children should be able to:

Talk about the time they spend online – how long for, when, etc.