

# Year 3

## PSHE

### Autumn 1



## How can we look after our bodies?

Key Vocabulary	Definition
<b>balanced diet</b>	Making sure we have the right amount of different food types each day.
<b>carbohydrate</b>	One of the five food groups. This group contain sugars that release energy in the body.
<b>dairy</b>	One of the food groups. Items made from or containing milk.
<b>dental hygiene</b>	Having good habits that will help keep your teeth and gums healthy.
<b>fats</b>	One of the food groups. Fats in our diet help the body to absorb vitamins.
<b>five food groups</b>	The five main groups that food is split into that make up our daily diet.
<b>fruit and vegetables</b>	One of the five food groups. Fruits are anything with seeds in that require water and sunlight to grow. Vegetables are often grown in the ground.
<b>gums</b>	The part of your mouth that hold your teeth. Healthy gums should be pink.
<b>healthy</b>	In good physical or mental condition.
<b>protein</b>	One of the five food groups. This help our hair and muscles grow.
<b>teeth roots</b>	The part of the tooth that sits below the gum line to anchor the adult tooth in place.
<b>vitamins</b>	Essential nutrients that help our bodies grow. Some people need to take vitamin supplements.
<b>well-being</b>	How we feel about ourselves. A healthy diet will promote good well-being.

The Eatwell Plate shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks.



We have two sets of teeth – our baby teeth and our adult teeth. Our baby teeth do not have **roots**, so they fall out when we are around 6 years old. We need to clean our teeth twice a day to make sure they stay healthy. It is best to use a toothbrush and toothpaste and clean them for about two minutes each time. This is a good **dental hygiene** routine.

Physical exercise is imperative to our bodies. It helps us keep well and grow strong. There are four types of exercise- aerobic, flexibility, strengthening and balance.



Sleep is as important as healthy eating to keep our body and brain performing at its best. The more sleep you get, the easier it is to focus during the day and get important things done. Getting enough **sleep** is very important. Our brains recharge overnight as we sleep. We need 10-11 hours of sleep every night, so should have a good **bedtime routine**. A good bedtime routine includes turning of all electronic devices an hour before. Reading a story or talking with someone is a good way to wind down.



It is as important to look after our mental health and well-being as it is our physical wellbeing. Here are some ways to exercise self-care and assist with your mental health.

Share your own feelings to **encourage** self-awareness.



Find social groups that help them feel like they **belong**.

Set aside time for **low-stress** or solo activities.



Practice **self-care** for yourself to set the standard.

Encourage **journaling** and diaries.

Encourage your child to focus on the **moment**.



Establish a **self-care** routine.



Focus on articulating feelings. "I am angry." "I am sad."