

PSHE



Autumn 1



How can we look after our bodies?

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



Food and drinks high in fat and or sugar.



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 exerciseaerobic, flexibility, strengthening and balance.

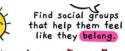


Sleep is as important as healthy eating to keep our body and brain performing at its best. The more sleep you get, the easier it is to focus during the day and get important things done. Getting enough sleep is very important. Our brains recharge overnight as we sleep. We need 10-11 hours of sleep every 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 mentalShare your own feelings to health and well-being encourage self-awareness. as it is our physical wellbeing. Here are some ways to exercise Focus on journaling articulating and diaries. self- care and assist feelings. "I am angry. "I am sad." with your mental Encourage your health. on the moment



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

child to focus



Establish a

self-care

routine.

set the standard.