

# Penguins

## PSHE

### Autumn 1



## What helps us to stay healthy?

### The Sun

The sun is an important part of keeping us alive. It keeps us warm and provides us with vitamin D which helps to keep our teeth and bones strong. However, if we spend too long in the sun without protecting our skin we can burn and it can even lead to diseases such as skin cancer.



### Staying healthy

There are a lot of ways that we are able to keep ourselves healthy including getting lots of rest, practicing good hygiene and eating healthy foods. By having good routines in place we are able to keep our bodies regulated and know that our bodies are getting the right amount of rest to conserve our energy levels. Lots of foods have sugar in them. Eating too much sugar is bad for our health and can cause people to lose their teeth and can also cause some diseases such as type 2 diabetes.



### Dental Hygiene

A big part of staying healthy is making sure that we are keeping our teeth clean. We can do this by brushing our teeth at least twice a day and flossing. We lose one set of teeth when we are young. These are called baby teeth. Our baby teeth get wobbly and then they fall out making space for our big teeth. Our big teeth help us to chew our food. If we do not look after our big teeth then they might decay and fall out. It is important that we eat healthy foods as these will help to keep our teeth strong. Too much sugar can also cause our teeth to decay and rot. It is important that you get your teeth checked regularly by the dentist. They will be able to tell you if you are keeping your teeth healthy.



Key Vocabulary	Definition
Brush	Used for cleaning
Clean	Free from dirt, marks or stains
Decay	To rot or to decompose
Diet	The foods a person eats
Exercise	Activity requiring physical effort
Floss	Clean between teeth
Health	The state of being free from illness
Hydrate	To refill with water
Hygiene	To keep clean
Learners	Someone who is learning a new skill
Personal	Belonging to someone
Rays	The beams of sunlight that shine down from the sun
Rest	Stop work or movement in order to relax
Screen time	The amount of time spent on a device
Sleep	The state of being asleep
Sun burn	A burning on the skin due to too much sunlight exposure
Sun cream	A cream rubbed into the skin to protect from the sun
Tan	A darkening of the skin due to exposure to the sunlight
Toothpaste	A thick, moist soft substance used for cleaning teeth

*End of Unit: What can help us grow and stay healthy*

*Name 3 ways we can stay healthy?*

.....

.....

*How can we protect ourselves from the sun?*

.....

.....

*How can we look after our teeth?*

.....

.....