

Magpies

Life skills

Spring 2

How can we look after our bodies?

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.



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.



Dental hygiene 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.

Physical exercise is any, active movement that gets your heart beating faster, strengthens muscles, and builds energy.

Getting enough physical exercise helps to clear our minds, helps us sleep better and keeps our bodies healthy.



Sleep is as vital as healthy eating for peak body and brain performance. Adequate sleep is about 10–11 hours nightly and helps us focus and recharge.

A good bedtime routine includes turning off electronics an hour before bed and winding down by reading or talking with someone.



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.



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

Encourage journaling and diaries.

Encourage your child to focus on the moment.



Establish a self-care routine.

