

Y3 Summer 1 Why should we eat well and look after our teeth?

<p>Year 3 Summer 1 Why should we eat well and look after our teeth?</p> <p>Theme :Health and wellbeing Being healthy: eating well, dental care</p>		
<p>PoS Core theme 1 Health and wellbeing</p>	<p>Core theme 2 Relationships</p>	<p>Core theme 3 Living in the wider world</p>
<p>Healthy Lifestyles – physical wellbeing H1. how to make informed decisions about health H2. about the elements of a balanced, healthy lifestyle H3. about choices that support a healthy lifestyle, and recognise what might influence these H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle H5. about what good physical health means; how to recognise early signs of physical illness H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay. H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking) H14. how and when to seek support, including which adults</p>		

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Prior Learning:

Year 2 Summer 1: What helps us grow and stay healthy

Year 1 Spring 1: What helps us stay healthy

End points :-

- how to eat a healthy diet and the benefits of nutritionally rich foods
- how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist
- how not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health
- how people make choices about what to eat and drink, including who or what influences these
- how, when and where to ask for advice and help about healthy eating and dental care

Key vocabulary

Healthy balanced diet

Oral hygiene

Flossing

Acidic

Choices

Physical health and mental well being : Primary**Physical Health and fitness**

Risk associated with inactive life style (including obesity)

How to seek support if they are worried about their health

Healthy Eating

Pupils should know

What is a healthy diet – calories and other nutritional content

Principles of planning and preparing a healthy meal

Characteristics of a poor diet and associated risk with unhealthy eating– obesity, tooth decay, and other behaviours e.g. impact of alcohol on diet and health

Health and prevention

Pupils should know

How to recognise early signs of physical illness – e.g. weight loss, changes to body

Dental health- good oral hygiene, dental flossing, regular check up at dentist

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<p>Citizenship</p>	<p>Character Education –</p> <p>Penketh Powers Resilience Responsibility Respectfulness Kindness:</p> <p>Penketh School expectations</p> <p>Listen, Do as asked Work well with others Be the best you can be</p>	<p>British values Rule of Law Tolerance and respect Democracy Individual Liberty Protected Characteristics Equality Act</p>	<p>Careers Curriculum</p>
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<p>Spiritual</p> <p>ability to be reflective about their own beliefs (religious or otherwise) and perspective on life</p> <p>knowledge of, and respect for, different people’s faiths, feelings and values</p> <p>sense of enjoyment and fascination in learning about themselves, others and the world around them</p> <p>use of imagination and creativity in their learning</p> <p>willingness to reflect on their experiences</p>	<p>Moral</p> <p>ability to recognise the difference between right and wrong and to readily apply this understanding in their own lives, recognise legal boundaries and, in so doing, respect the civil and criminal law of England</p> <p>understanding of the consequences of their behaviour and actions</p> <p>interest in investigating and offering reasoned views about moral and ethical issues and ability to understand and appreciate the viewpoints of others on these issues</p>	<p>Social</p> <p>use of a range of social skills in different contexts, for example working and socialising with other pupils, from different religious, ethnic and socio-economic backgrounds</p> <p>willingness to participate in a variety of communities and social settings, including by volunteering, cooperating well with others and being able to resolve conflicts effectively</p> <p>acceptance and engagement with the fundamental British values</p>	<p>Cultural</p> <p>understanding and appreciate the range of cultural influences that have shaped their own heritage and that of others</p> <p>understanding and appreciate the range of different cultures as an essential element of their preparation for life in modern Britain</p> <p>ability to recognise, and value, the things we share in common across cultural, religious, ethnic and socio-economic communities</p> <p>knowledge of Britain’s democratic parliamentary system and its role in shaping</p>
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			<p>history and values, and continuing to develop</p> <p>willingness to participate positively to artistic, musical, sporting and cultural opportunities</p> <p>interest in exploring, improving understanding and respect for different faiths and cultural diversity and to understand, accept and respect diversity.</p>
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Sequence of lesson to follow

Lesson Plans and resources DfE approved

Email: penketh.head@wpat.uk

Password: penketh22!

<https://pshe-association.org.uk/hcms/mem/login?hsLang=en>

[Build your programme \(pshe-association.org.uk\)](https://pshe-association.org.uk)

PSHE Association power points, resources linked to topic – click on the purple links to download

NB: You will need to be logged in to the PSHE Association to access resources

<p>Summer 1</p> <p>Why should we eat well and look after our teeth?</p>	<p>Health and wellbeing</p> <p>Being healthy: eating well, dental care</p> <p>PoS refs: H1, H2, H3, H4, H5, H6, H11, H14</p>	<ul style="list-style-type: none"> • how to eat a healthy diet and the benefits of nutritionally rich foods • how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist • how not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health • how people make choices about what to eat and drink, including who or what influences these • how, when and where to ask for advice and help about healthy eating and dental care 	<p>PSHE Association - Health Education: food choices, physical activity & balanced lifestyles</p> <p>PSHE Association - Dental Health</p>
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