

1decision PSHE Knowledge Organiser

Module: Keeping/Staying Healthy

Topic: Healthy Eating and Brushing Teeth

Years
1-3



Key Facts

- There are risks associated with an inactive lifestyle and a poor diet, such as obesity and tooth decay
- There are many benefits of good oral hygiene, including dental flossing and regular check-ups at the dentist

By the end of these topics, I should:

- know that food is needed for our bodies to be healthy and to grow
- understand that some foods are better for good health than others
- be able to list different types of healthy food
- understand how to keep yourself and others healthy
- know the differences between healthy and unhealthy choices
- understand why we need to brush our teeth
- be able to practise brushing your teeth
- know the differences between healthy and unhealthy choices
- be able to develop strategies to help you remember to brush your teeth when you forget, are tired, or busy

I will learn the following new words/phrases:

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|----------------------|--|
| Ingredients | <i>Items that are used to make food, a product, etc.</i> |
| Energy | <i>The power and ability to be physically and mentally active.</i> |
| Repair | <i>To put something that is damaged, broken, or not working correctly, back into good condition.</i> |
| Vitamins | <i>A group of natural substances that are necessary in small amounts for the growth and good health of the body.</i> |
| Natural | <i>Derived from nature; not made or caused by humankind.</i> |
| Saturated fat | <i>A type of fat found in meat, eggs, milk, cheese, etc</i> |
| Decay | <i>To become gradually damaged, worse, or less</i> |

Ask me a question!

- What foods keep us healthy?
- Why do we need food?
- Why is it important to brush our teeth?

