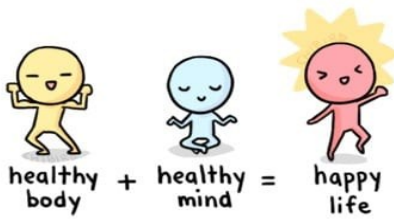


- Children know how much to exercise daily and how to eat a balanced diet.
- Children know the risks of not eating a healthy diet and being active.
- Children know the benefits of having a healthy lifestyle (mental and physical)
- Can explain the safety rules for taking medicines.
- Understand the importance of dental health routines.
- Can identify everyday feelings and express their feelings.
- Understand what grief is and ways to manage it
- Identify everyday feelings.
- Recognise there are things we can do to make our selves feel better emotionally and when to ask for help.
- Identify trusted adults you could you speak to if you were worried about your physical or mental health



PSHE
Year 3
Spring Term
Health and Wellbeing



Vocabulary

Word	Definition
Nutrition	Food and the nourishing substances it contains e.g. vitamins and minerals.
Junk food	Food that does not form part of a well-balanced diet e.g. highly processed, high-fat savoury snack items eaten in place of or in addition to regular meals
Habits	A regularly repeated action or behaviour pattern.
Medicine	A drug for treating illness.
Prescription	A written order issued by a doctor that authorizes a chemist to supply a medicine for a patient.
Gum disease	When the gums that hold your teeth in place become red, swollen and sore, and bleed.
Oral hygiene	The care people take of their teeth and gums to prevent tooth and gum disease
Mind	The centre of consciousness that generates thoughts, feelings, and ideas, and stores knowledge and memories
Intense	Great, strong, or extreme in a way that can be felt
Grief	Great sadness, especially as a result of a death or another loss.
Loneliness	Feeling sad through being without friends or company



DENTAL HEALTH CARE
Healthy Lifestyle

Dental Check Ups	No Smoking
Regular tooth brushing	Eat a healthy diet
Brush the tongue	Foods to avoid
Regular flossing	Drinks to avoid