

<b>PSHE</b>	<b>Health Education</b>	<b>Year 3</b>	<b>Spring 2</b>
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## Key Knowledge

A healthy diet

- A healthy, balanced diet follows the Eatwell guide of eating certain amounts of food from each of the food groups:
  - Fruit and vegetables
  - Starchy carbohydrates
  - Dairy
  - Proteins
  - Oils and spreads



Hygiene

- Personal hygiene is very important in preventing the spread of disease and infections.

Sleep

- Sleep is very important in maintaining good health.
- Having a calm bedtime routine is a great way of ensuring a good night's sleep.
- Not having enough sleep can have an impact on people physically and mentally.

Sun safety

- we can keep ourselves safe in the sun by wearing sun cream, a hat & sunglasses, staying out of the midday sun and drinking plenty of water.

Emergencies

- In some situations, we may need emergency help.
- If this is the case we need to dial 999 and give our information to the call handler.

## Statutory requirements

Pupils should know:

- what constitutes a healthy diet
- the principles of planning and preparing a range of healthy meals
- the characteristics of a poor diet and risks associated with unhealthy eating
- about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer
- the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn
- about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.
- how to make a clear and efficient call to emergency services if necessary.

## Key vocabulary

### Spelling

### Definition

Eatwell Plate

This shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

Routine

A standard or regular way of doing something

Sufficient

enough; as much as needed

Exposure

experiencing something or being affected by it because of being in a particular situation or place

Emergency

when someone needs help right away because of an injury or an immediate danger

Bacteria

small organisms, or living things, that can be found in all natural environments

Disease

conditions that make people unhealthy

## Books

Maria Sare

999 What is your emergency

Kathryn Clifford & Chantal Renn

George the sun safe superstar

