




Year 4: Physical and Mental Health Knowledge Mat

Subject Specific Vocabulary		Information	Important knowledge about Physical and Mental Health
factors	Circumstances that are needed.		<input type="checkbox"/> I know a wide range of factors that maintain a balanced, healthy lifestyle.
diabetes	An illness that affects how food is turned to energy.		<input type="checkbox"/> I know what good physical health means and how to recognise early signs of physical illness
obesity	To be overweight.		<input type="checkbox"/> I know that common illnesses can be quickly and easily treated with the right care
medicine	To take when you feel unwell.		<input type="checkbox"/> I know how to maintain oral hygiene and dental health.
cavity	Tiny holes in the tooth caused by a build-up of plaque.		<input type="checkbox"/> I can identify ways of coping with feelings in different situations.
hobbies	An activity you enjoy doing.		<input type="checkbox"/> I know the benefits for the body of eating a range of fruits and vegetables.
prescription	When a doctor gives you medicine.		<input type="checkbox"/> I know the importance of regular visits to the dentist. I know the effects that different foods, drinks and substances have on dental health.
regulate	To calm down when you are feeling big emotions.		
enamel	The hard, outer layer of the tooth.		
plaque	A soft, sticky film that builds up on teeth and contains bacteria.		