

Year 3: Physical and Mental Health Knowledge Mat

Subject Specific Vocabulary		Physical health	Important Knowledge
nutrition	Eating foods that help you to grow.		<input type="checkbox"/> I know a wide range of factors that maintain a balanced, healthy lifestyle.
balanced	Eat a variety of food and the correct amount.		<input type="checkbox"/> I know what good physical health means and how to recognise early signs of physical illness.
wellness	To feel good and happy.		<input type="checkbox"/> I know that common illnesses can be quickly and easily treated with the right care.
obesity	To be overweight.		<input type="checkbox"/> I know how to maintain oral hygiene and dental health. <input type="checkbox"/> I know the importance of regular visits to the dentist.
fitness	To have a healthy heart.		<input type="checkbox"/> I know the effects that different foods, drinks and substances have on dental health.
nourishment	To eat the correct food that makes you feel well.		<input type="checkbox"/> I know the benefits for the body of eating a range of fruits and vegetables.
responsible	To do something sensibly.		<input type="checkbox"/> I can identify ways of coping with feelings in different situations.
active	To take part in exercising.		
influence	Something that affects what you do.		
habit	To do things that can affect your health.		