


Year 3: Physical Health and Mental Health

Subject Specific Vocabulary		Health	Important Knowledge
nutrition	Eating foods that help you to grow.	 <p>The Eatwell Guide is a circular diagram divided into five colored segments representing different food groups: Vegetables and fruits (green), Potatoes, bread, rice, pasta, and other starchy carbohydrates (yellow), Protein sources (red), Dairy and alternatives (blue), and Oils and spreads (purple). It includes various food items and icons for each category. Text instructions include: 'Check the label on packaged foods', 'Use the Eatwell Guide to help you get a balance of healthier and more sustainable food', 'Eat a variety of protein sources', 'Choose foods lower in fat, salt and sugars', 'Choose wholegrain or higher fibre versions', 'Limit food from energy-dense categories', 'Choose ununsaturated oils and use in small amounts', 'Curry with alternatives', 'Choose lower salt, 0% lower sugar options', 'Eat less often and in small amounts', 'Eat more beans and pulses, 2 portions of sustainably sourced meat, one of which is oily. Eat less processed meat', and 'Per day: 2000cal + ALL FOOD + ALL DRINKS'. The infographic below it, '8 STEPS for healthy teeth', shows: 1. HEALTHY DIET (fruit, veg, water), 2. REGULAR VISITS TO THE DENTIST (dentist icon), 3. CLEAN YOUR TONGUE (tongue icon), 4. VITAMINS (pill icon), 5. USE DENTAL FLOSS (floss icon), 6. NO SMOKING (cigarette with X), 7. CORRECT TOOTHBRUSH AND TOOTH PASTE (toothbrush icon), 8. DO NOT DRINK VERY HOT DRINKS (cup with X).</p>	<ul style="list-style-type: none"> ❑ I know a wide range of factors that maintain a balanced, healthy lifestyle.
balanced	Eat a variety of food and the correct amount.		<ul style="list-style-type: none"> ❑ I know what good physical health means and how to recognise early signs of physical illness.
wellness	To feel good and happy.		<ul style="list-style-type: none"> ❑ I know that common illnesses can be quickly and easily treated with the right care.
obesity	To be overweight.		<ul style="list-style-type: none"> ❑ I know how to maintain oral hygiene and dental health.
fitness	To have a healthy heart.		<ul style="list-style-type: none"> ❑ I know the importance of regular visits to the dentist.
nourishment	To eat the correct food that makes you feel well.		<ul style="list-style-type: none"> ❑ I know the effects that different foods, drinks and substances have on dental health.
responsible	To do something sensibly.		<ul style="list-style-type: none"> ❑ I know the benefits for the body of eating a range of fruits and vegetables.
active	To take part in exercising.		<ul style="list-style-type: none"> ❑ I can identify ways of coping with feelings in different situations.
influence	Something that affects what you do.		
habit	To do things that can affect your health.		