
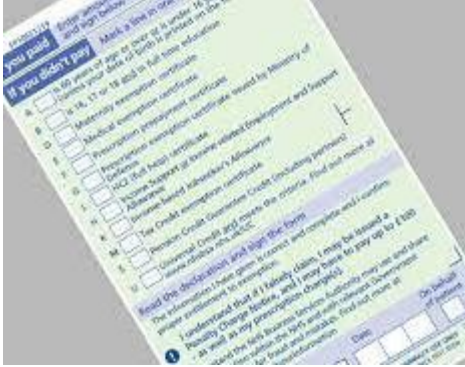



# Year 4: Physical and Mental Health Knowledge Mat

Subject Specific Vocabulary		Information	Important Knowledge
<b>factors</b>	Circumstances that are needed.		<ul style="list-style-type: none"> <li><input type="checkbox"/> I know a wide range of factors that maintain a balanced, healthy lifestyle.</li> <li><input type="checkbox"/> I know what good physical health means and how to recognise early signs of physical illness.</li> <li><input type="checkbox"/> I know that common illnesses can be quickly and easily treated with the right care.</li> <li><input type="checkbox"/> I know how to maintain oral hygiene and dental health.</li> <li><input type="checkbox"/> I can identify ways of coping with feelings in different situations.</li> <li><input type="checkbox"/> I know the benefits for the body of eating a range of fruits and vegetables.</li> <li><input type="checkbox"/> I know the importance of regular visits to the dentist.</li> <li><input type="checkbox"/> I know the effects that different foods, drinks and substances have on dental health.</li> </ul>
<b>diabetes</b>	An illness that affects how food is turned to energy.		
<b>obesity</b>	To be overweight.		
<b>medicine</b>	To take when you feel unwell.		
<b>cavity</b>	Tiny holes in the tooth caused by a build-up of plaque.		
<b>hobbies</b>	An activity you enjoy doing.		
<b>prescription</b>	When a doctor gives you medicine.		
<b>regulate</b>	To calm down when you are feeling big emotions.		
<b>enamel</b>	The hard, outer layer of the tooth.		
<b>plaque</b>	A soft, sticky film that builds up on teeth and contains bacteria.		