

VOCABULARY DOZEN!

<p>nutrition Nutrition is the study of food and how it works in your body. Different foods give us different nutrients.</p>
<p>healthy eating Healthy eating means eating nutrient rich foods in the right quantities from all the food groups.</p>
<p>healthy choices Healthy choices means making a decision about things that benefit your health.</p>
<p>physical activity Physical activities are activities that get your body moving.</p>
<p>healthy lifestyle A healthy lifestyle is one which helps to keep and improve your health and well-being.</p>
<p>active and inactive Active means to take part in regular physical activity. Inactive means not taking part in much physical activity.</p>
<p>Mental well-being Your mental well-being is about your thoughts and feelings and how you cope with the ups and downs of everyday life.</p>
<p>diary Dairy foods are the main sources of calcium and are good for our bones and teeth e.g. milk and yoghurts</p>
<p>carbohydrates Carbohydrates are foods that give us energy e.g., pasta, bread, rice, cereals</p>
<p>protein Protein helps our bodies to build and repair cells e.g. meat, fish and meat alternatives.</p>
<p>self-care Self-care means activities that help your well-being and prevent disease e.g. sleep, drinking water, listening to music, spending time with friends.</p>
<p>Responsibility and Liberty This means freedom of speech for everyone, having the right to make our own choices and taking responsibility for our actions</p>

KEY AREAS OF LEARNING

- We will discuss what healthy eating is and what a balanced diet means.



- We will reflect on what an active lifestyle is and how it helps us to be healthier.
- We will learn about mental wellbeing and how is it affected by our physical health.
- We will think about how much sleep we need & what happens when we don't have enough.



- We will learn about how nutrition and physical activity work together.
- We will find out how we can plan and prepare simple, healthy meals safely.
- We will reflect on how we can look after our teeth and why it is important.
- We will discuss who is responsible for our lifestyle choices and how these choices are influenced.

This topic links to the British Values of: Responsibility and Liberty