



Topic: Health and Well Being (Being healthy; eating well, dental care)

Question: **Why Should We Eat Well and Look After Our Teeth?**

Learning Expectations:

- How to eat a healthy diet and the benefits of nutritionally rich foods
- How to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist
- How not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health
- How people make choices about what to eat and drink, including who or what influences these
- How, when and where to ask for advice and help about healthy eating and dental care

Programme of Study References

H1, H2, H3, H4, H5, H6, H11, H14

Key Websites:

Cross Curricular:

Literacy

Prior Knowledge: It would be helpful if children are aware of what constitutes a well-balanced diet, including main food groups like protein, carbohydrates and fruit and vegetables. Also some knowledge on oral hygiene.

Future Knowledge: How our emotions change through puberty. How our bodies change during puberty.

Essential Knowledge:

It is important to identify healthy and unhealthy choices (e.g. in relation to food, exercise, sleep)

It is important to be aware of what can help people to make healthy choices and what might negatively influence them.

A healthy balanced diet should be eaten regularly to keep us both physically and mentally fit and strong.

It is important to visit the dentist on a regular basis.

It is important to ask for help if needed.

Key Vocabulary:

Healthy, exercise, heart, head, muscles, balanced, diet, heart rate, saturated, protein, hydrated, hormones, vitamins, minerals, sleep, eat, drink, consent, choice, habit, resilience, structure, planning, balance, pros, cons, consequences, dentist, brushing, flossing.