

Health and Wellbeing 1

Pupils will consider healthy and unhealthy choices. Pupils will discuss habits and that sometimes they can be maintained, changed or stopped. Pupils will know the signs to look for to indicate ill health. Pupils will know what is meant by a healthy, balanced diet. They will know that regular exercise has positive benefits for their mental and physical health.



Key knowledge and threads

Key thread: Health and Wellbeing

- Know that a habit is a pattern of behaviour and sometimes they can be maintained, changed or stopped
- Know that a healthy, balanced diet includes a third of carbohydrates, a third of vitamins and minerals and smaller amounts of protein, dairy and fats
- Know that eating too much sugar can cause to weight gain and diabetes
- Know that high sugar drinks include energy drinks, milkshakes, fruit juices and fizzy drinks (particularly coca-cola)
- Know that regular exercise such as walking or cycling has positive benefits for their mental and physical health
- Know that not exercising regularly can lead to obesity and poor mental health
- Know that lack of sleep leads to lack of concentration, stress, and aggression
- Know that early signs of illness are headaches, dizziness, muscle and joint pain, and tiredness
- Know that good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing

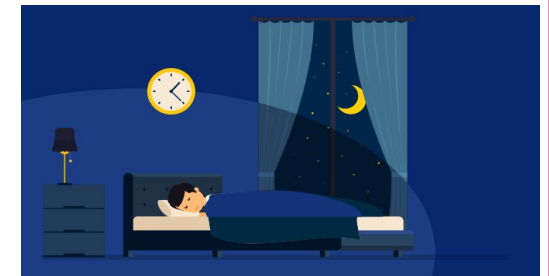
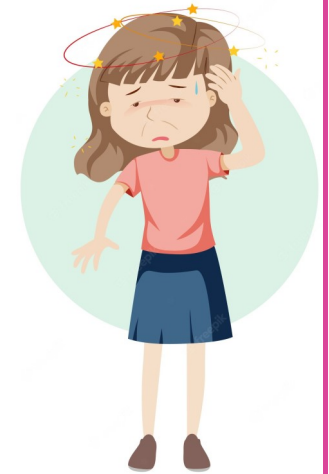
500ml– 53g
sugar



400ml – 44.4g sug-
ar



471ml– 52g sugar



Vocabulary Abstract

Healthy—promoting good health

Unhealthy—harmful to health

Habits—a regular activity that is hard to give up

Lifestyle—the way a person lives

Balanced diet—a diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.