

# 1decision PSHE Knowledge Organiser

## Module: Keeping/Staying Healthy

### Topic: Healthy Eating and Brushing Teeth

Years  
1-3



### Key Facts

- There are risks associated with an inactive lifestyle and a poor diet, such as obesity and tooth decay
- There are many benefits of good oral hygiene, including dental flossing and regular check-ups at the dentist

### By the end of these topics, I should:

- know that food is needed for our bodies to be healthy and to grow
- understand that some foods are better for good health than others
- be able to list different types of healthy food
- understand how to keep yourself and others healthy
- know the differences between healthy and unhealthy choices
- understand why we need to brush our teeth
- be able to practise brushing your teeth
- know the differences between healthy and unhealthy choices
- be able to develop strategies to help you remember to brush your teeth when you forget, are tired, or busy

### I will learn the following new words/phrases:

<b>Ingredients</b>	<i>Items that are used to make food, a product, etc.</i>
<b>Energy</b>	<i>The power and ability to be physically and mentally active.</i>
<b>Repair</b>	<i>To put something that is damaged, broken, or not working correctly, back into good condition.</i>
<b>Vitamins</b>	<i>A group of natural substances that are necessary in small amounts for the growth and good health of the body.</i>
<b>Natural</b>	<i>Derived from nature; not made or caused by humankind.</i>
<b>Saturated fat</b>	<i>A type of fat found in meat, eggs, milk, cheese, etc</i>
<b>Decay</b>	<i>To become gradually damaged, worse, or less</i>

### Ask me a question!

- What foods keep us healthy?
- Why do we need food?
- Why is it important to brush our teeth?

