

# 1decision PSHE Knowledge Organiser

## Module: Keeping/Staying Healthy

### Topic: Baseline Assessment and Healthy Living



### Key Facts

- Mental wellbeing is a normal part of daily life, in the same way as physical health
- It is important to build regular exercise into daily and weekly routine, for example: walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise
- A lack of sleep can affect weight, mood and ability to learn

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

- explain what is meant by a balanced diet and plan a balanced meal
- recognise how too much sugar, salt, and saturated fat in our food and drink can affect us now and when we are older
- understand nutritional information on packaged food and explain what it means
- describe different ways to maintain a healthy lifestyle

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

Lifestyle	<i>The way a person or group of people live.</i>
Balanced diet	<i>A diet that includes a variety of different types of food to help you get the nutrients you need.</i>
Blood pressure	<i>Measures how the heart pumps blood around the body.</i>
Saturated fat	<i>A type of fat found in meat and other animal products, such as butter and cheese.</i>
Vital organs	<i>The main organs inside the body, such as the heart, lungs, and brain. It is important to keep these healthy.</i>
Mind map	<i>A diagram, often drawn on paper, to present your ideas.</i>
Food chart	<i>A chart that can be used to see how many servings of each food should be eaten each day.</i>
Carbohydrates	<i>Substances, found in certain kinds of food, that provide you with energy.</i>
Protein	<i>A nutrient which builds, maintains, and replaces the tissues in your body.</i>
Calorie	<i>A unit of energy that can be found in food.</i>

### Ask me a question!

- What different types of food do our bodies need to stay healthy and grow?
- How can we stay healthy?
- How can you encourage others to stay healthy?



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