



Objectives and Sticky Knowledge

Previous Knowledge Recap:

I can use the steps to wash my hands correctly
 I understand that washing my hands keeps me healthy
 I understand when and where to wash my hands



Learning Objectives and Sticky Knowledge:

<p>I know the difference between healthy and unhealthy choices and understand how to keep myself healthy.</p>	<p>I know the difference between healthy and unhealthy choices and how these impacts on the health of my teeth.</p>
<p>I know that food is needed for our bodies to be healthy and to grow. I understand that some foods are better for good health than others. I am able to list different types of healthy foods.</p>	<p>I know how to brush my teeth properly. I know how often to brush my teeth. I have some strategies to help me to remember to brush my teeth. I know the difference between healthy and unhealthy choices and how these impacts on the health of my teeth. I can explain the importance of brushing my teeth.</p>

Links with 'Communication' Golden Thread:

Links with CST and CKA Values Crown:

Human dignity - Everyone is special.





I will learn the following new words/phrases:

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



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

Sky Objectives:

Children start to accurately name the different feelings they experience.

Children can explain the different types of relationship they have with other people.

Children can be helpful at appropriate times or seek help when needed.