

## Year 3

## PSHE: Healthy Lifestyles (half-term)

### Learning to Recap:

- **Being healthy:** the right food, enough sleep, exercise and good hygiene.
- **Feeling healthy:** being healthy makes us feel better. We have more energy and get ill less often.
- **Healthy eating:** 5 a day, protein, carbohydrates, less fat and sugar.
- **Eating and activity:** the food we eat gives us energy to take part in exercise.
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### New Knowledge and Vocabulary

Being healthy	To be healthy we must eat the right amount and right type of foods and drinks, exercise, sleep well and keep clean.
Healthy choices	Fruit instead of sweets. Water/squash instead of fizzy drinks. Playing at the park instead of watching TV. Going to bed on time instead of playing on a tablet. Brushing your teeth twice a day instead of not.
Feeling healthy	Being healthy makes us feel better. We have more energy and don't feel tired. We also get ill less often and we don't suffer from tooth ache.
Healthy eating	<a href="https://www.bbc.co.uk/bitesize/clips/zrd4d2p">https://www.bbc.co.uk/bitesize/clips/zrd4d2p</a> Making sensible food choices including fruits, vegetables, proteins and carbohydrates and some fats but not too many.
Eating and activity	What we eat gives us energy so that we can be active. If we eat unhealthy foods we have less energy to run around and play.
Being active	Exercise helps to keep us healthy. We should try and be active for at least 30 minutes each day.
Exercise and my body	Exercise makes our body change. We might breath more quickly, feel hot and begin to sweat during exercise. After exercise, our muscles may ache or feel tired.
Food: likes/dislikes	There are some foods that people really enjoy and others that they do not. People usually dis
Food groups	 <p><b>The eatwell plate</b> Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.</p>
5 a day	<a href="https://www.bbc.co.uk/bitesize/clips/z2pxpv4">https://www.bbc.co.uk/bitesize/clips/z2pxpv4</a> Everyone should eat at least 5 portions of fruit and/or vegetables a day.



### Because, but, (therefore)...

Eating five a day keeps you healthy because...  
Eating five a day keeps you healthy but...

### Application of knowledge

Create a poster to persuade people to keep healthy.

Participate in circle time discussions about the importance healthy eating, activity, hygiene and sleep.

Discuss foods which are liked and disliked and try some new healthy foods (fruits/vegetables)