

Health

Skills covered :

- To be able to offer ideas about why we have RSHE lessons and how they benefit everyone.
- To explain what a healthy diet is.
- To explain what self care is.
- To understand about hygiene.

Key vocabulary

1. carbohydrates
2. proteins
3. dairy
4. fruit and vegetables
5. sugar
6. alternative proteins
7. oils and spreads
8. starch
9. hydration
10. fuel
11. energy
12. hygiene
13. stress
14. mindfulness



Must—know knowledge

- Understand what RSHE is and the rules within the lessons.
- To understand what a healthy diet is and the Eatwell Guide.
- To understand the different food groups.
- To understand the importance of hydration.
- To understand how self care can lead to a happier life.
- To identify good hygiene and be able to explain it's impact.
- To explain healthy choices and why they are important.

