**Year 3 Summer 1 Health and wellbeing**

 Why should we eat well and look after our teeth?



**Previous Learning:**

**Y2 Summer 1 What helps us grow and stay healthy?**

* that different things help their bodies to be healthy, including food and drink, physical activity, sleep and rest
* that eating and drinking too much sugar can affect their health,

including dental health

* how to be physically active and how much rest and sleep they

should have everyday

* that there are different ways to learn and play; how to know when to take a break from screen-time

**Y1 Spring 1 What helps us stay healthy?**

* what being healthy means and who helps help them to stay
* healthy (e.g. parent, dentist, doctor)
* that things people put into or onto their bodies can affect how
* they feel
* how medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy
* why hygiene is important and how simple hygiene routines can stop germs from being passed on
* what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing

**Vocabulary**

* Being healthy:
* eating well,
* dental care

**Key Knowledge for unit**

**Children will learn:**

* how to eat a healthy diet and the benefits of nutritionally rich

foods

* how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist
* how not eating a balanced diet can affect health, including the

impact of too much sugar/acidic drinks on dental health

* how people make choices about what to eat and drink, including who or what influences these
* how, when and where to ask for advice and help about healthy eating and dental care