

Keeping/Staying Healthy

TOPICS: What I Know Now and Healthy Living - *Suggested for Year 4*

We have chosen to deliver this topic in year(s):

Year Intent



In Year 4, children revisit and reflect on their understanding of how to keep their bodies healthy before exploring more complex aspects of health and wellbeing.

They develop their knowledge of balanced diets, learning how different foods contribute to a healthy lifestyle and how too much sugar, salt and saturated fat can affect their bodies now and in the future.

Pupils also begin to interpret nutritional information on food packaging and consider how everyday choices support long-term health and wellbeing.

Curriculum Links

Statutory RSHE Links

General wellbeing; Health protection and prevention; Physical health and fitness; Healthy eating

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?

Knowledge & Skills Progression

What I Know Now - *Pupils can...*

- share and reflect on their understanding of how to keep their bodies healthy as they begin to explore more complex health topics
- recognise choices and behaviours that can affect their health and wellbeing
- identify people and support who can help them stay healthy and make positive choices
- suggest and explain healthy habits that support physical and personal wellbeing in everyday life

Healthy Living - *Pupils 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:

I now know...

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