



WASHING HANDS



MEDICINE



BRUSHING TEETH



HEALTHY EATING



ALCOHOL



HEALTHY LIVING



SMOKING

Our pupils are learning about...

# KEEPING/STAYING HEALTHY

By the end of these modules our pupils should:

understand why we need to wash our hands and brush our teeth

know how germs are spread and how they can affect our health

know the difference between healthy and unhealthy choices

understand how to keep yourself and others healthy

know, understand, be able to practise simple safety rules about medicine

understand when it is safe to take medicine and who to accept it from

be able to develop strategies to help you remember to brush your teeth when you forget, are tired, or busy

understand nutritional information on packaged food and explain what it means

identify the risks associated with alcohol

describe how smoking can affect your immediate and future health and wellbeing

give reasons why someone might start and continue to smoke

identify and use skills and strategies to resist any pressure to smoke

and much more!



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