

Year 3
PSHE Knowledge Organiser – Healthy Lifestyles

Key Enquiry Questions:	
What do I need to be healthy?	<ul style="list-style-type: none"> • Children know that they can make choices which are healthy or unhealthy and reflect on their own lifestyle. • Children know that eating healthily, being active and sleeping all contribute to a healthy lifestyle. • Children understand some of the reasons people sometimes make unhealthy choices.
What are the benefits of exercise?	<ul style="list-style-type: none"> • Children are able to talk about some of the physical and mental benefits of exercise. • Children know that a healthy lifestyle involves choosing a range of activities, some of which will be more active than others.
How can I eat healthily?	<ul style="list-style-type: none"> • Children are able to state some of the influences on food choices and some of the persuasive methods used in advertising. • Children understand why our bodies need foods from each of the food groups and are able to suggest daily menus or meals. • Children are able to talk about the benefits of food for our bodies and plan and prepare simple, healthy meals or snacks.
Why do I need to look after my teeth?	<ul style="list-style-type: none"> • Children know why dental hygiene is important and how they can look after their teeth.

Key Vocabulary	
healthy	In a good physical or mental condition.
choice	An act of choosing between two or more possibilities.
benefit	An advantage or profit gained from something.
influence	The capacity to have an effect on the character, development, or behaviour of someone or something, or the effect itself.
hygiene	Conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.
important	Of great significance or value.

Unit Information
<p>It is important for staff to be aware of different traditions and practices in families relating to food. This unit could provide opportunities to develop the children’s awareness of difference and diversity in their school and community. This unit links to the development of one aspect of Physical Education, the Knowledge and Understanding of Fitness and Health. It is important to recognise that at this age, parents will make some choices about the children’s lifestyles (for example use of free time, food choices) and therefore the emphasis needs to be on choices children can make, whilst recognising that some responsibility remains with adults. Food costs and availability will also have an influence.</p>