

Year 3 and 4: Health and Wellbeing

Subject Specific Vocabulary

Diet	The food and drink that a person usually eats or drinks.
Nutrition	Giving your body the food it needs for it to grow and be healthy. Nutrition includes vitamins, protein, fats, carbohydrates and more.
Oral hygiene	Ways to keep teeth clean.
Enamel	Hard, outer layer of the tooth
Plaque	Soft, sticky film that builds up on teeth and contains bacteria
Cavity	Tiny holes in the tooth caused by a build-up of plaque
Choices	The ability to choose between 2 or more things.
Pharmacist	Someone who is trained to sell medicine and give medical advice in keeping with a doctor.

Why should we eat well and look after our teeth?

THE 5 MAIN FOOD GROUPS

Fruit & Vegetables **Bread, Cereal & Potatoes**

Meat, Fish & Beans **Fat & Sugar** **Milk & Dairy**

Oral Hygiene

Floss your teeth everyday Use a toothpaste that has tartar-control

brush at least 2-3 times everyday Use fluoride mouthwash to rinse your mouth

What I will learn by the end of this topic:

- ❑ How to eat a healthy diet and the benefits of nutritionally rich food
- ❑ How to keep 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 damage too much sugar/acidic drinks can have on our teeth
- ❑ How we 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

Healthy tooth Tooth decay (Caries) Cavity (Deep caries)

Previous Learning

- ❑ I have knowledge about a healthy diet and can sort healthy and unhealthy foods.
- ❑ I understand how sugar can affect our health, including dental health