



Year 3/4

Autumn 2

PSHE Knowledge Organiser

PSHE—Why we should eat well and look after our teeth

In this unit, the children will:

- learn how to eat a healthy diet and the benefits of nutritionally rich foods by identifying healthy diet choices and suggesting benefits of nutritionally rich foods.
- learn how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist by identifying how everyday actions affect dental health, describing ways to maintain good dental health, explaining common risks to dental health and how to manage them.
- learn how not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health by identifying what is a healthy 'dinner plate', identifying why sugary and acidic drinks should be consumed in moderation.
- learn how people make choices about what to eat and drink, including who or what influences these by identifying what might influence food and drink choices, suggesting what might influence own food and drink choices.

Key vocabulary: healthy eating, healthy living, healthy choices, teeth, dental, enamel, plaque, cavity, acid, gum disease, oral hygiene, saliva, acid, balanced diet, sugary/acidic drinks, consequence, influences.