

A **healthy lifestyle** includes eating a **balanced diet**, being **physically active every day**, getting enough **sleep**, and looking after our **feelings**.

Eating too much **sugar**, **salt**, **saturated fat**, or **processed food** can cause health problems, such as **tooth decay**, **feeling tired**, or **becoming unwell**.

We can make **informed choices** about food by checking the **nutritional information on food packaging**, like **sugar**, **salt**, and **fat levels**.

What we eat can be influenced by **friends**, **family**, and **advertising**, but we can still make our **own healthy choices**.

Sometimes we face **dilemmas**, where we must choose between different options, and we can think carefully before deciding.

**Death** is when a living thing's life ends, and **grief** is made up of **different feelings and stages**, such as **sadness**, **anger**, or **confusion**.

People may grieve when someone they love **dies**, **moves away**, or **when a pet is lost**.

People show grief in **different ways**, such as **crying**, **feeling quiet**, **feeling angry**, or **wanting to talk**.

There are ways to **manage grief**, such as **talking to a trusted adult**, **spending time with others**, **remembering the person or pet**, or **doing calming activities**.



# PSHE

## Year 4

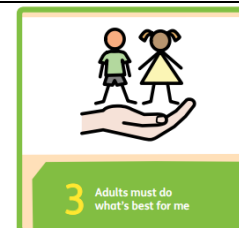
### Spring Term

### Health and Wellbeing

UN Rights of the Child



British Values



Mutual Respect:

-Treating others the way you want to be treated.

-Respect for each other.

-Working together.

Equality Act 2010  
Protected Characteristics

It is against the law to discriminate against someone because of their:



### Vocabulary

Word	Definition
Processed food	Any food that has been altered in some way during preparation.
Dilemma	A situation when someone must choose between two or more alternatives.
Pressure	When something or someone affects your thoughts or behaviour.
Bereavement	When an important or much loved person is lost, usually through death.
Relief	A feeling of lightness after a difficult situation.
Ashamed	A feeling when you haven't done what you should have—including embarrassment or unworthiness.

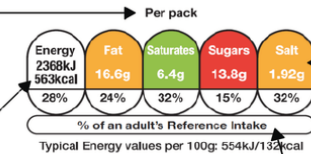
### KNOW YOUR LABEL

Checking the nutrition label is a good way to compare products, make healthier choices and eat a balanced diet.

### per serving

### KNOW YOUR PORTIONS

Check the pack for the portion size, this is what the numbers on the nutrition label are based on.



**KNOW YOUR COLOURS**  
The red, amber and green colours show at a glance whether a product is high, medium or low for fat, saturates, sugars or salt.

### KNOW YOUR CALORIES

To make the choice that is right for you, use the calorie information to compare products.

### KNOW YOUR DAILY ALLOWANCE

Reference Intake (RI) has replaced the term Guideline Daily Amount or GDA

