

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  RIGHTS RESPECTING SCHOOLS	 3 Adults must do what's best for me
British Values 	<p>Mutual Respect:</p> <ul style="list-style-type: none"> -Treating others the way you want to be treated. -Respect for each other. -Working together.

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

Per serving	Per pack
Energy 2368kJ 563kcal	28%
Fat 16.6g	24%
Saturates 6.4g	32%
Sugars 13.8g	15%
Salt 1.92g	32%

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

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

Typical Energy values per 100g: 554kJ/132cal

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