

### You will know

- What is included in healthy lifestyle, including a balanced diet and daily activity.
- The possible health consequences of too much sugar, salt and saturated fat or processed food.
- Make informed decisions about the food you eat, including how to check for nutritional information on food packaging.
- There are positive and negative influences over what we eat e.g. peers and advertising. We can make choices when faced with dilemmas and different influences.
- Know that grief is made up of different stages and death is when life ends.
- Describe different situations that may cause someone to grieve and identify some different responses someone might have to grief.
- Identify activities, actions and sources of support that can help a person to manage grief.
- Explain how feelings and emotions can influence our actions and behaviour and why it is important to talk about feelings.
- Recognise that the way we react to our feelings is influence not only ourselves but others.



## PSHE

### Year 4

## Spring Term

# Health and Wellbeing

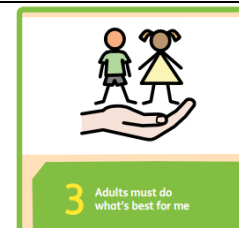
UN Rights of the Child



British Values



Equality Act 2010  
Protected Characteristics



Mutual Respect:

-Treating others the way you want to be treated.

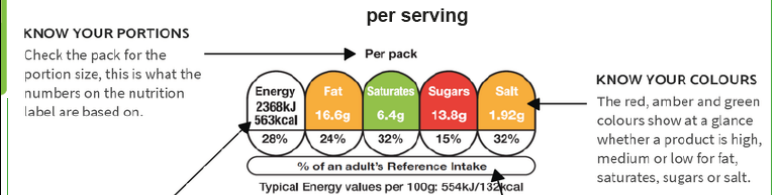
Respect for each other.

### 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.



What are the main sources of support for you or someone else who is struggling with their feelings?

**ChildLine**  
0800 1111

What would you include in a healthy meal for your family and why?