

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.
- There are positive and negative influences over what we eat e.g. peers and advertising.
- Know that life 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.
- 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 in-



PSHE

Year 4

Spring Term

Health and Wellbeing

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.

You will know how to

- Make informed decisions about the food you eat, including how to check for nutritional information on food packaging.
- Make healthy eating choices when faced with dilemmas and different influences.
- Plan a healthy, balanced meal for a family.
- Identify activities, actions and sources of support that can help a person to manage grief.
- Identify ways of coping with feelings in different situations and sources of support.
- Identify ways that we can support others that are lonely, jealous or upset.

If someone you know is experiencing jealousy how could you help them?

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

Who are your main sources of support if you are struggling to cope with your feelings?