

Knowledge Organiser

PSHE including RSE

Year 4 Summer Health and Wellbeing - Physical health and Mental wellbeing



• Having enough sleep, exercise and to eat a healthy balanced diet help keep us physically and mentally well.

- The right diet, exercise and sleep help us to stay well and fight illness.
- If we are ill we may need to ask for advice from a pharmacist or doctor.
- Visiting the dentist every 6 months helps us protect the health of our teeth. The dentist can spot any problems early and give us advice.
- Good oral hygiene includes brushing our teeth twice a day for 2 minutes.
- Foods and drinks that contain lots of sugar can damage our teeth and cause cavities.

Vocabulary

diet	The kinds of foods a person eats.
pharmacist	A person who is qualified to give out medical drugs.
cavities	A decayed part of a tooth.

