

Year 5- Health and Well Being Knowledge organiser



The importance of nutrients

To explain how to keep my mind and body healthy

Key Vocabulary

- Goal
- Achieve
- Healthy
- Balance
- Nutrients
- Fibre
- Labels
- Fair/unfair
- Excluded
- Included
- Risks
- Legal
- Illegal
- Misconceptions
- Peer pressure
- Assertive
- Allergies

Previous and future knowledge

Key Objectives

- To explain what makes a healthy meal
- To explain the importance of nutrients and fibre
- To explain the importance of hydration
- To understand the importance of portion control
- To interpret and understand information on food labels
- To explain how being excluded can affect people and to explain what to do if they are being bullied/witness bullying.
- To explore the risks associated with drug use
- To challenge misconceptions about drug users
- To explain what peer pressure is and how to challenge it
- o explain how to keep my body and mind healthy
- To explain how and when to share feelings

Key Resources



<https://eatlikeachamp.co.uk/>

Democracy

British Values

Democracy can be seen as a state of society characterised by equality of rights and privileges. It can also refer to our nation's electoral systems.

