

Year 3- Health and Well Being Knowledge organiser



Making healthy eating choices

The importance of nutrients

Previous and future knowledge

Key Vocabulary

- Goal/target
- Food groups
- Tooth decay
- Drugs
- Legal and illegal
- Caffeine
- Passive smoking
- Democracy
- Forms of bullying
- Resolving conflict
- Escalation
- Healthy
- Unhealthy
- Balance
- Healthy lifestyle
- Active
- Allergy
- Physical activity
- Exercise

Key Objectives

- To define and categorise drugs
- To explain how food choices contribute to teeth decay
- To understand what food groups make up meals.
- To develop an awareness and definition of bullying and unkindness
- To identify the benefits of an active lifestyle

Key Resources



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.



Include a timeline (this will be the same for each year group) E.g. in history starting at Stone Age to present day. E.g. highlighting the Current setting the current learning in context.