

Year 4- Health and Well Being Knowledge organiser



The five food groups

To explain the importance of nutrients and fibre

Key Vocabulary

- Goal
- Energy
- Nutrients
- Fibre
- Smoking
- Drug
- Risks
- Alcohol
- Parliament
- Manipulated
- Trust
- Victim
- Bully
- Bystander
- Legal & illegal
- Activity
- Physical activity
- Benefits
- Manipulated
- Trust
- Critical thinking

Previous and future knowledge

Key Objectives

- To explain why nutrients are important
- To explain the risks and dangers associated with smoking
- To explain the risks associated with alcohol
- To understand how democracy works in the UK
- To understand the role of the bully, bystander and victim in a bullying scenario
- To develop critical think skills about information available online. online.
- To explore the benefits of exercise
- To explain how to keep my body and mind healthy
- To explain how and when to share feelings
- To explain a healthy lifestyle

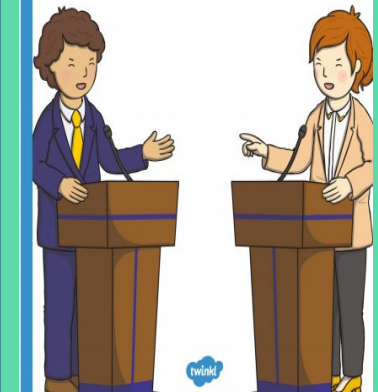
This chart shows the amount of energy needed by different people each day.

Age	Male (kJ)	Female (kJ)
0-3 months	2,280	2,160
4-6 months	2,890	2,690
7-9 months	3,440	3,200
10-12 months	3,850	3,610
1-3 years	5,150	4,860
4-6 years	7,160	6,460
7-10 years	8,240	7,280
11-14 years	9,270	7,720
15-18 years	11,510	8,830
19-50 years	10,600	8,110
51-59 years	10,600	8,000
65-74 years	9,710	7,960
75+	8,770	7,610

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.



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