|  |
| --- |
| school logoschool logo**Lacock Primary School – Year 3/4 Beech Class. Being my best (PSHE)** |
| **Important Vocabulary**  | C:\Users\ashleigh.whitbread\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\76D0545F.tmpInclude here images/pictures/maps/diagrams C:\Users\ashleigh.whitbread\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\3047EBD.tmpC:\Users\ashleigh.whitbread\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\4BBB3CC5.tmp C:\Users\ashleigh.whitbread\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\F6268997.tmp | **Key Skills**  |
| Eatwell guide | Divides food we eat and drink into 5 main food groups.  | * Healthy eating
* Infectious illnesses, how they are spread and treated
* Developing our debating skills in a ‘for or against argument’
* Recognise our own achievements and areas for development
* To understand how the brain sends and receives messages through nerves.
 |
| Balance diet  | A diet of consisting of a variety of different types of food and providing the right amount of nutrients for good health |
| Food groups | A collection of foods that share similar nutrients  | **Home ideas…**  |
| Infectious illnesses | When germs get inside your body, multiply, grown and cause an infection | Can you create a healthy meal for your family to enjoy together?Take some pictures, possibly share the recipes online for us all to share |
| Hygiene | Practices that you carry out to maintain a healthy lifestyle and stop diseases and infection |
| Debating  | To ‘argue’ about a subject in a formal and polite manner |
| Achievements  | Something that you have done successfully with effort, skill and courage |
| Areas for development | Something that you have not yet achieved and therefore need to work on |
| collaboration | The action of working with someone to produce something |
| What I should already know: Making choices, basic first aid, getting fit, independence and responsibility, wellbeing, recognising risks. Keeping healthy, growth mindset, setting goals, keeping clean and healthy, what my body needs |