

Character Education

Happy and Healthy Me
Class: Y3/4

What I already know:

- We have different body parts
- How to keep the body clean
- How to make healthy lifestyle choices



Gems of Knowledge:

- Make our own choices about food
- Understand how to keep a balanced lifestyle
- Research about food related issues

I will be able to:

- Suggest ways to make a balanced meal
- Explain why we should eat healthily
- Make choices for ourselves
- Hold a debate about healthy and unhealthy food

Key vocabulary:

Balance



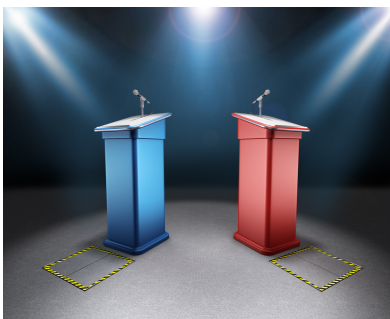
Having the right amount

Healthy



Caring for your mind and body

Debate



A discussion about a topic between two or more people with different views

Opinion



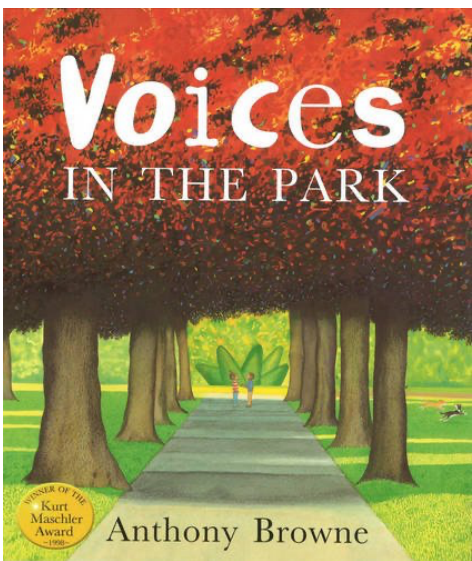
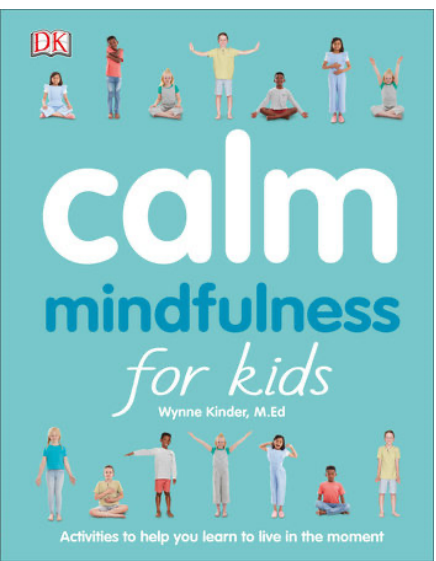
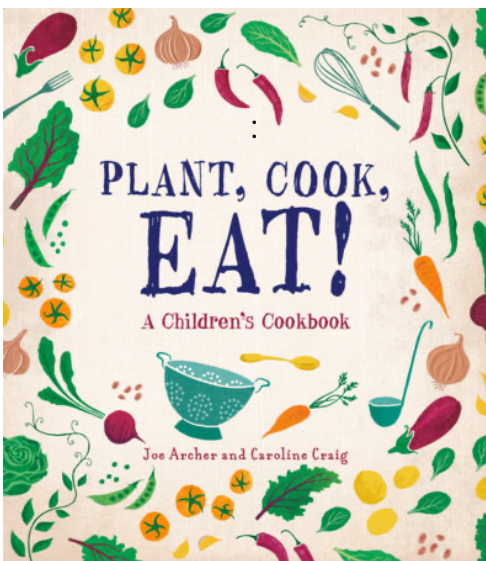
A thought or belief about something

Choice



Choosing something between two or more possibilities

What can I read?



Extra-curricular links:

- Walk to school Week
- Earth Day
- World Environment Day

British Values:

- Democracy
- Rule of Law
- Respect and Tolerance
- Individual Liberty