

Key Knowledge

Key Vocabulary

Calories	Unit of energy found in food that fuels the body.
Dental hygiene	Habits that keep the mouth clean and health, such as brushing or flossing.
Long-term	Lasting or happening for a long time, such as months or years.
Short-term	Lasting or happening for a short time, such as minutes, days or weeks.
Persistence	A view or idea about something, often someone, which is often untrue.
Setback	A delay, a problem, or an event that stops or slows down your progress

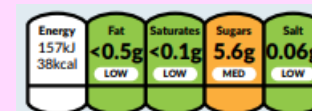
Why do healthy teeth matter for the future?

- Brush teeth twice a day
- Floss daily to remove plaque
- Avoid sugary snacks and drinks between meals
- Visit the dentist every 6 months.



How can I eat for a healthier future?

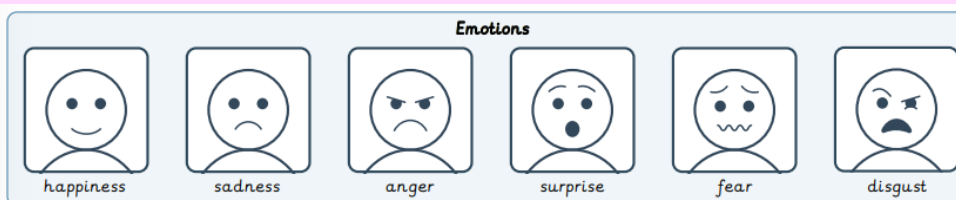
- When choosing food, we can:
 - Compare traffic light labels (choose more green, and choose some amber)
 - Swap sugary snacks for less sugary options.
 - Remember food choices are about balance.



What habits support my future health?

- The NHS recommends that children aged 5–18 take part in at least 60 minutes of moderate to vigorous physical activity each day to support physical health, mental wellbeing and development.
- Children aged 9–11 are advised to have 9–11 hours of sleep each night, as sleep is essential for growth, concentration, mood and overall health.

How can I recognise and regulate complex feelings?



- It is okay to talk to someone or ask for help if you are struggling with emotions.

How does my mindset affect my personal growth?

- When I face a setback, I can: take a break, ask for help, break it into steps, try again and learn from my mistakes.

How can I support my self-esteem and others?

- Self-esteem can grow when we:
 - Try again after setbacks
 - Notice our strengths
 - Ask for support when we need it.

