

TAKE CARE

INTRODUCTION

In this module children begin to learn about different ways to keep themselves healthy. During the module they consider the importance of eating a range of different types of food. This is developed further in Year 3, Module 5, Amazing Bodies, when they consider the nutrition that they gain from different types of food. During the module they also start to learn about the importance of exercise and hygiene. Dental hygiene is revisited in greater detail in Year 4, Module 4, Where Does All That Food Go?. The importance of exercise is developed further in Year 6, Module 3, Body Health.

Children work scientifically by identifying and classifying food, using tables, and Venn and Carroll diagrams. They also make observations and collect data while carrying out exercises, and use their observations and ideas to suggest answers to questions.

National Curriculum:

Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Working Scientifically:

Identifying and classifying

Using observations and ideas to suggest answers to questions

Scientific Enquiry:

Grouping and classifying

Finding things out using secondary sources of information

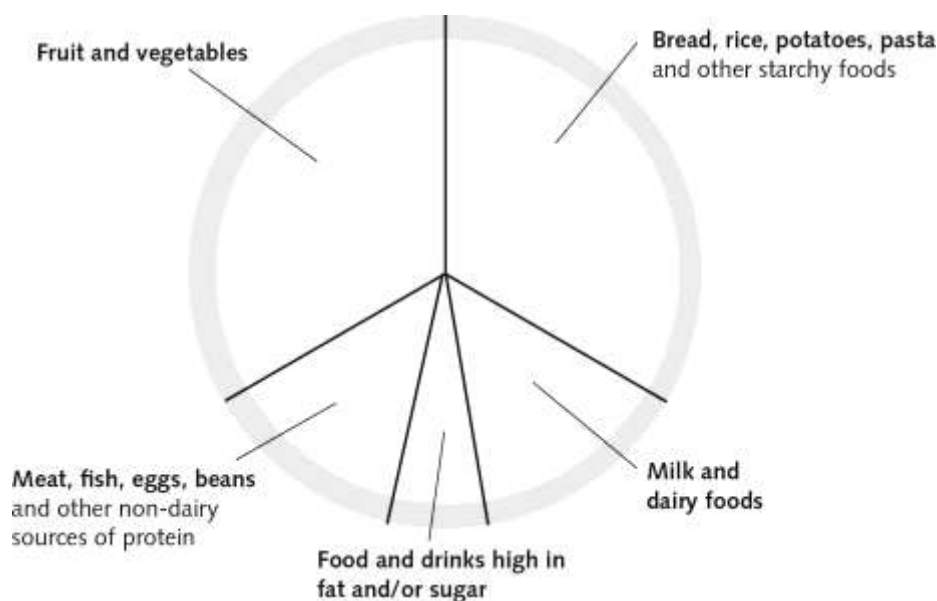
Key vocabulary:

food, sort, classify, Venn diagram, Carroll diagram, healthy diet, dairy, fruits, vegetables, meat, fish, beans, fat, sugar, bread, potatoes, cereals, exercise, physical activity, hot, sweaty, heart beating, pulse, tired, aching, muscles, clean, hygiene, hygienic, wash, bath, shower, brush, comb, toothbrush, toothpaste, soap, water, shampoo

FACT FILE:

Food

These lessons are based on the Eatwell Plate. The Eatwell Plate highlights the different types of food that make up our diet and shows the proportions that we should eat them in to have a well-balanced and healthy diet.



It is important that children can name a range of foods from each food type and that they know we should eat a balance of these foods every day.

We should eat plenty of fruit and vegetables each day – at least five portions.

We should also eat plenty of bread, rice, pasta and other starchy foods. Wholegrain varieties and potatoes with their skins are better, as they contain more fibre.

We should drink some milk and eat some dairy foods to help us to get enough protein and calcium. Lower-fat milk and dairy foods are healthier options.

We should eat some meat, fish, eggs, beans and other non-dairy sources of protein.

We should eat just a small amount of foods and drinks that are high in fat or sugar.

Remember when teaching about healthy eating that children of this age have little control over what they eat on a regular basis. Therefore, encourage healthy eating but do not make it personal, for example, by asking children to keep a food diary.

Exercise

Children should engage in physical activity every day. This should be a mix of moderate-intensity aerobic activity, such as fast walking, playing in the playground, skateboarding or riding a bike on level ground, and vigorous-intensity aerobic activity, such as running, energetic dancing, playing chase, playing football and riding a bike on hilly ground.

On three days a week physical activity should involve muscle-strengthening activities and bone-strengthening activities, such as running.

For young people, muscle-strengthening activities are those that require them to lift their own body weight or to work against a resistance. Examples of muscle-strengthening activities suitable for children are swinging on playground equipment bars or gymnastics.

Bone-strengthening activities produce impact or tension forces on the bones that promote bone growth and strength. Examples of bone-strengthening activities suitable for children are games such as hopscotch, skipping with a rope and running.

Hygiene

Hand washing is very important before eating and after a range of different activities throughout the day to prevent infection and the spread of disease. Hands should be washed using soap and warm water. Children should clean their teeth twice a day using a soft toothbrush with toothpaste. They should also visit the dentist at least once a year. Children should wash their whole body and brush their hair once a day. Underwear should also be changed daily. Children's hair should be washed once a week with shampoo. Washing it more often can dry out the hair.