

Year 4 Spring 1 PSHE What is important to me?



PSHE

Powerful knowledge/skills for this unit:

Pupils learn about

why people may eat or avoid certain foods (religious, moral, cultural or health reasons)

- can explain why a person may avoid certain foods
- are able to communicate their own personal food needs
- understand that people may follow a particular diet based on their religious, moral, cultural background or for health reasons

other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality)

- can identify factors that might influence people's choices about the food they buy (for example, ethical farming, fair trade, seasonality)
- are able to talk about their views and express their opinions on factors that affect food choice
- understand that consumers may have different views on the food they eat and how it is produced and farmed

about the importance of getting enough sleep

- explain the importance of sleep for health and wellbeing
- know what can help people relax and sleep well
- recognise the impact that too much screen time can have on a person's health and wellbeing

What should I already know:

How to make healthy choices in relation to food and exercise.

Big Question:

What factors can contribute to people food choices?

Zones of regulation



The end point:

Know why a person choose to avoid certain foods? Know what can help people to sleep well?

Key vocabulary

Religious diet, cultural diet, moral diet, ethical, fair trade, farming, seasonality, consumers, screen time, health, wellbeing, food, choices, sleep.

Mindmate Monday lesson

MindMate

Year 4 Spring 1 Positive & negative effects on emotional wellbeing & mental health

Lesson focus: I am learning to accept that I will feel a wide range of emotions depending on the situation

Pupils should have the opportunity to...name some factors, including changes, that can affect people's emotional wellbeing & that feeling different emotions is a part of life understand that everyone's mental health & change can change over time