

Year 4: Health and Wellbeing

Key Learning

It is important to visit the dentist regularly.



Teeth should be brushed twice a day using fluoride toothpaste. Floss should be used to help prevent plaque build up.

Some foods, drinks and substances can effect dental health.

I know when something doesn't feel right and might be an early sign of physical illness.



Common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary.

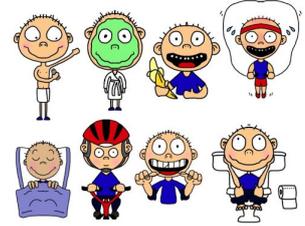
It is important to take medicines correctly as instructed by a doctor.

A drug is a chemical that is not food (but is ingested) that affects the body. Some drugs are given to people by doctors to make them healthy. These are called medicines or prescription drugs.



There are some drugs common to everyday life that can affect health and wellbeing such as: cigarettes, e-cigarettes (vaping), alcohol and medicines. These drugs can become a habit which is difficult to break and can cause risks in everyday life.

Physical health is defined as the condition of your body. Physical health is critical for overall well-being and can be affected by diet, physical activity and behaviours.

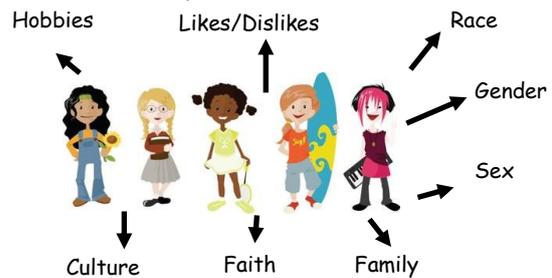


There are a wide range of factors that maintain a balanced, healthy lifestyle both mentally and physically e.g. a balanced diet, regular exercise, drinking lots of water, getting enough sleep etc.



Having time outdoors and in the sun can benefit our physical and our mental health.

Lots of things contribute to our own personal identity. These can include:



We all have our own individuality. It is important to recognise, respect and express this.

There are lots of things that we can do to boost our mood and improve our emotional wellbeing. This could be playing sports, or joining in with hobbies or community groups.

Key Vocabulary

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| Mental Wellbeing | A state of well-being in which every individual realizes his or her own potential and can cope with the normal stresses of life. |
| Drugs | A chemical that affects the body. |
| Hygiene | Practices of personal cleanliness necessary for good health. |