

Physical health and wellbeing

Summer 2



Year 3

What helps me choose?

Lesson Outlines

Discussion Questions

What food are good to include in a healthy diet?

Why might brands affect our decision making?

Why is keeping active good for your body?

Reading Materials

- *Happy belly, happy smile, Rachel Isadora*
- *Oliver's vegetables, Vivian French*

LESSON ONE

Pupils learn about making healthy choices about food and drinks

- Pupils • can use the Eatwell guide to help make informed choices about what they eat and drink
• can describe situations when they have to make choices about their food and drink • understand who and what influences their choices about food and drinks

LESSON TWO

Pupils learn about how branding can affect what foods people choose to buy

- Pupils • can explain why people are attracted to different brands • are able to compare similar products according to packaging, taste, cost and explain which they think is the best 'value for money' • understand how this can affect what food people buy.

LESSON THREE

Pupils learn about keeping active and some of the challenges of this

- Pupils • are able to identify a range physical activities that help the body • are able to evaluate the levels of physical activity in different pastimes • can explain what choices they have about how to spend their free time