

Physical health and wellbeing

Summer 2



Year 4

What is important to me?

Lesson Outlines

Discussion Questions

Why might some people avoid eating certain foods?

Why do some people buy particular products
(Fairtrade etc)?

Why is sleep good for your body?

Reading Materials

- *Herb, the vegetarian dragon*, Jules Bass
- *The boy with square eyes*, Juliet Snap

LESSON ONE

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

Pupils • 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

LESSON TWO

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

Pupils • 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

LESSON THREE

Pupils learn about the importance of getting enough sleep

Pupils • 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