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| **Year 4 Autumn 2 PSHCE – Healthy Eating** | | |
| **Key information**   * There are many ways for us to stay healthy. * Eating healthy foods and regular exercise help to keep us healthy. * We should aim to eat 5 portions of fruit and vegetables a day. * Eating a lot of unhealthy food could make us overweight and unhealthy. * It is important to have a balanced diet. | healthy  unhealthy | |
| **Vocabulary**   * healthy * unhealthy * protein * dairy * choices * fruit * vegetables |  |