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| **Year 4 Autumn 2 PSHCE – Healthy Eating** | | |
| **Key information**   * There are many ways for us to stay healthy. * Eating a varied diet and regular exercise help to keep us healthy. * We should aim to eat 5 portions of fruit and vegetables a day. * Foods are not ‘healthy’ or ‘unhealthy’ by themselves, but eating a limited diet can make us unhealthy. * We need more of some foods than others and should limit some foods such as sugars and fats to help our bodies and teeth stay healthy. |  | |
| **Vocabulary**   * protein * dairy * choices * fruit * vegetables |  |