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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.
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| **Vocabulary*** protein
* dairy
* choices
* fruit
* vegetables
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