

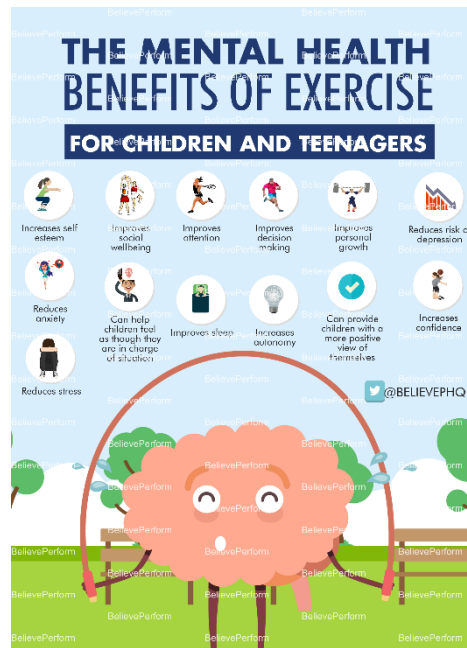
In this unit: Pupils will revisit their learning about the different life processes. They will then investigate what mental wellbeing is and the importance of food and exercise on this. They will use their learning to create a public health advert using green screen technology.

Children should already know:

- that there are five types of vertebrates (mammals, fish, reptiles, amphibians, birds).
- vertebrates are animals that have a backbone.
- that some animals give birth to live young but others lay eggs.
- the names of parts of the body.
- the names of the five senses and the body parts associated with them.
- that a life cycle is the series of changes that an animal passes through from the beginning of its life until death.
- that humans are adults that produce offspring which grow into adults.
- why all animals need three basic elements to survive (water, air and food).
- that exercise makes the heart work and that some exercise make the heart beat faster and some slow it down.

At the end of this unit, children will know:

- that regular exercise helps to relieve stress, improve memory and helps us to sleep better.
- the things that they can do to help them sleep better.
- that eating healthy foods improve concentration and how we feel.



Key Vocabulary

dairy	food that is or contains milk
diet	the food which is eaten by an animal or human
disease	an illness that affects humans, animals or plants
exercise	moving your body in order to get fit and remain healthy
fat	a natural oil found in humans and animals
fruit	something that grows on a tree or a bush and contains seeds and fleshy outer which can be eaten
healthy	being well and not suffering from any illness
heartbeat	the action of the heart pushing blood around the body
hygiene	keeping yourself and your surroundings clean, to prevent illness or the spread of disease
medicine	the treatment of illness and injuries by doctors and nurses
mental health	a person's condition regarding their emotional well-being
nutrition	the 'goodness' gained from the diet for health and growth
sugar	a sweet substance obtained from plants
vegetables	a plant or part of a plant that is used for food
well-being	the state of being comfortable, healthy, or happy.

Pupils could investigate:

- foods that are healthy and unhealthy.
- what effect does being hungry have on our mental wellbeing.
- why sleep is important to us.
- what happens to our bodies when exercise.
- how exercising makes us feel.

Key Questions:

- what would you need to do to help you sleep on a night?
- what exercise could we do to stay healthy?
- what foods do we need to: eat a lot of? not eat much of?
- why is a good balanced diet important to us?
- what do we need to stay healthy?
- why is it important for us to exercise?