

RSE & PSHE - How can I make healthy choices?

Words you will learn



balanced diet

Eating the right amounts of different foods to keep your body healthy.



dehydrated

When your body does not have enough water.



fixed mindset

Thinking you cannot do something or improve, even if you try.



growth mindset

Believing you can do something or improve by learning and practising.



hydrated

When your body has enough water.



mental health

How our mind is working or feeling.



nutrients

Substances found in food that living things use for for life and growth.



physical health

How our body is working or feeling.

Healthy choices



Getting help

Always ask for help from a trusted adult if you or someone you know needs it.

I am feeling...

I am worried about...

I need help because...

I think..... needs help.

I do not know what to do about...

Words you may know

active

Moving your body.

exercise

Taking part in physical activity to stay fit and healthy.

trust

Believing someone will be honest, kind or do the right thing.

Grow foods



Go foods



Glow foods

