



Words you will learn:

calories

Units of energy found in food that fuel the body.

dental hygiene

Habits that keep the mouth clean and healthy, such as brushing and flossing.

flossing

Sliding a thin thread between teeth to remove food and plaque.

long-term

Lasting or happening for a long time, such as months or years.

mental health

How your mind is working or feeling.

regulate

To manage thoughts, feelings and actions to stay balanced.

self-esteem

How you think and feel about yourself.

short-term

Lasting or happening for a short time, such as minutes, days or weeks.

tooth decay

When teeth slowly become damaged and break down.

Words you may know:

bullying

Unkind behaviour several times on purpose.

mindset

The way someone thinks about learning, challenges and success.

nutrients

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

resilience

Continuing to try even when something feels difficult.



Dental health



- Brush teeth twice a day.
- Floss daily to remove plaque.
- Avoid sugary snacks and drinks between meals.
- Visit the dentist every six months.

Having a growth mindset



When I face a setback, I can:

- Take a breath.
- Break it into steps.
- Ask for help.
- Try again.
- Learn from mistakes.

Nutrition

Energy	Fat	Saturates	Sugars	Salt
157kJ 38kcal	<0.5g LOW	<0.1g LOW	5.6g MED	0.06g LOW

When choosing food, we can:

- Compare traffic light labels.
- Choose more green.
- Choose some amber.
- Have less red.
- Swap sugary snacks for less sugary options.

Self-esteem



Self-esteem can grow when we:

- Feel included.
- Are treated kindly.
- Try again after setbacks.
- Notice our strengths.
- Ask for support when we need it.

Emotions



happiness



sadness



anger



surprise



fear



disgust