



# PSHE- Year 4- Physical health and wellbeing – what is important to me?

## Key Vocabulary

1. Diet - the things that people eat and drink.
2. Producer - the people that make the food we eat such as farmers.
3. Consumer - the people that buy the food (us).
4. Screen time - how much time you spend looking at an electronic screen.

## Important Questions

How does your mind feel when you have not had enough sleep? How does your body feel when you have not had enough sleep? Do you find it easier or harder to sleep straight after being on a phone, laptop or games console?

## Key Points I will learn

1. Why a person might want or need to avoid certain foods.
2. That people might follow a diet based on their religion, morals, cultural background or for health reasons.
3. That there are many factors which might influence people's choices about the food that they buy.
4. Why sleep is important for our health and wellbeing.
5. What can help us to relax and sleep well.
6. The impact that screen time can have on our wellbeing.

