

PSHE Knowledge Organiser

Year 3 - Why should we eat well and look after our teeth?

Key Vocabulary	Definition
healthy eating	Same as having a balanced diet. Having a diet that contains foods from each food group so you get a wide range of nutrients to help you stay healthy.
dental care	Looking after your teeth so that your teeth and gums stay healthy.

Possible experiences

Visit from dentist.
Design and make a healthy packed lunch.
(Saracens)

Prior Knowledge

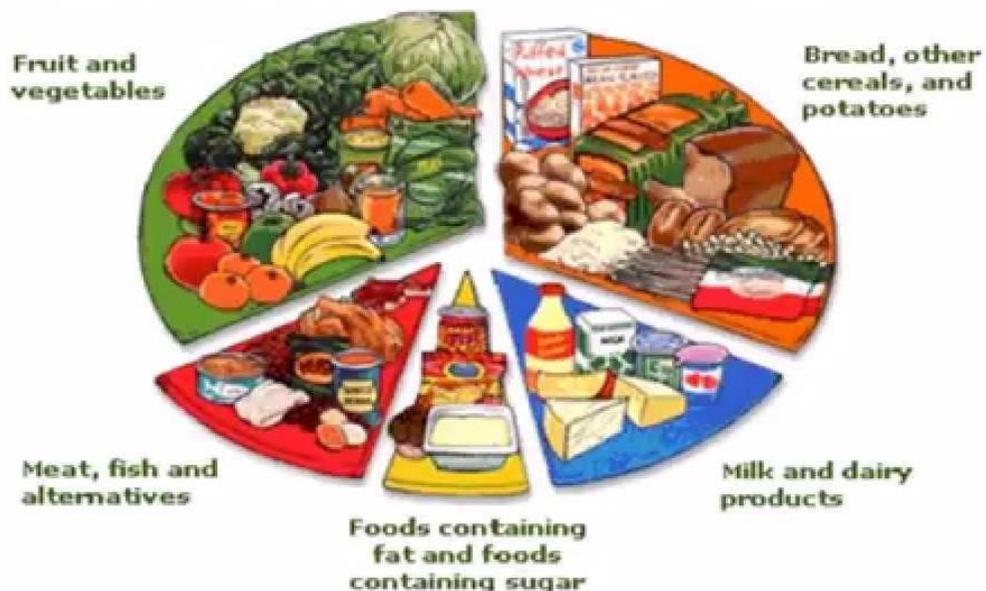
Year 2- what helps us grow and stay healthy?

8 TIPS TO LOOK AFTER YOUR TEETH

1. Brush your teeth twice a day.
2. Use fluoride toothpaste.
3. Use a tongue scraper.
4. Floss daily.
5. Swish with mouthwash.
6. Limit acidic drinks and sugary foods.
7. Avoid using your teeth for anything other than chewing food.
8. See your dentist for regular check-ups.

PSMA DENTAL

THE 5 FOOD GROUPS



In this unit, you will learn...

- how to eat a healthy diet and the benefits of nutritionally rich foods
- how to maintain good oral hygiene (including regular brushing and flossing) and the importance of regular visits to the dentist
- how not eating a balanced diet can affect health, including the impact of too much sugar/acidic drinks on dental health
- how people make choices about what to eat and drink, including who or what influences these
- how, when and where to ask for advice and help about healthy eating and dental care