



HEALTH AND WELL-BEING – YEAR 3

Developing a healthy, safer lifestyle

HYGIENE– STICKY KNOWLEDGE

Bacteria and viruses can affect health, but by following simple safe routines, we can reduce their spread.

Always remember to wash your hands correctly:

- Wet them
- Add soap
- Rub for at least 20 seconds
- Rinse them
- Dry them thoroughly

We need to wash our hands:

- After using the toilet or changing a nappy
- Before and after handling raw foods like meat and vegetables
- Before eating or handling food
- After blowing your nose, sneezing or coughing (Remember to catch it, bin it, kill it!)
- Before and after treating a cut or wound
- After touching animals (including pets), their food and after cleaning their cages

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WELL-BEING – STICKY KNOWLEDGE

In order to be active and healthy, we need healthy and nutritious food and drink to give us energy.

Know ways we can be physically active: walk to school; cycle to places further away; join sports clubs; join in with active minutes in school.

If we eat too much and don't exercise enough, we can become overweight or even obese.

This puts our health at risk.

We should eat a healthy and varied diet.

We need to eat from every food group because they provide us with different things:

- Protein is needed for growth and repair
- Carbohydrates are needed for energy
- Fats and sugars also provide us with energy (but we shouldn't eat too much of these)
- Dairy provides us with calcium
- Fruit and veg give us vitamins

Some people can be allergic to certain foods (most typically nuts, eggs and fish).

An allergic reaction could be shown by:

- The person having breathing difficulties
- The person having difficulty swallowing or speaking
- The person feeling dizzy or faint.

If someone who is allergic to them eats these foods by mistake, we should inform an adult as they may need their medication. If their medication doesn't help enough, we may need to ring 999.