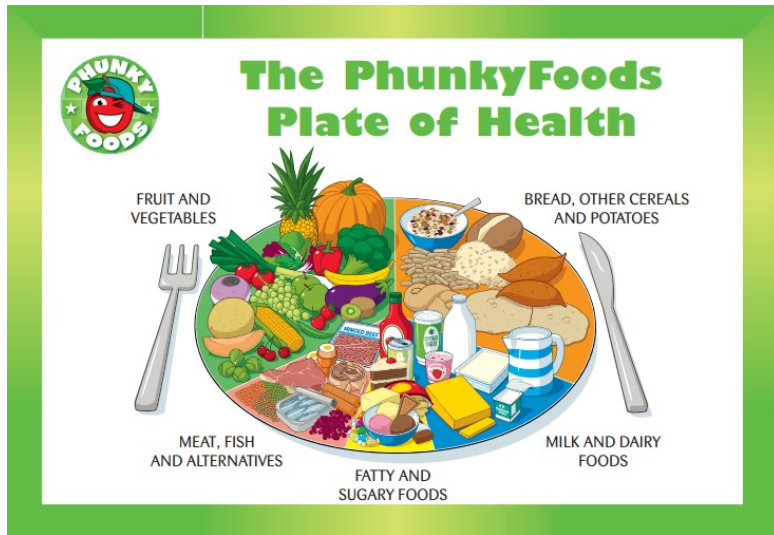


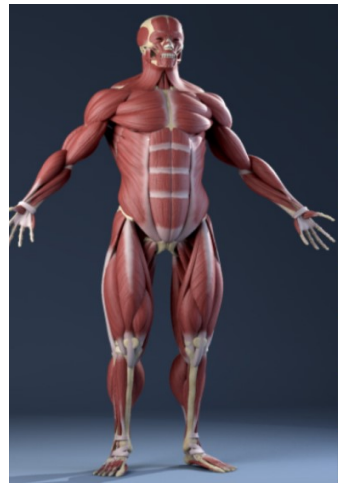
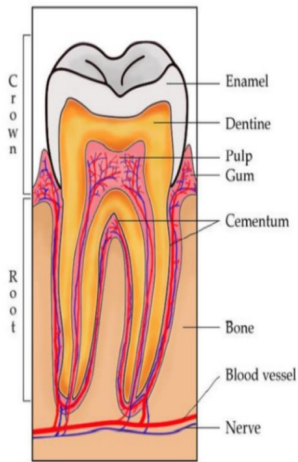
PSHE Knowledge Map - Autumn 2 - Healthy Lifestyles

Vocabulary



Balance Diet

1	Balanced Diet	Eating a variation of different food groups.
2	Carbohydrate	Food containing sugars, and starch that give the human body energy.
3	Calcium	A mineral that builds healthy bones and teeth.
4	Protein	A food group that is important source of nutrients for growth, muscles and blood.
5	The School Food Standards	Food served in all maintained schools and academies in England must meet school food standards so that children have healthy, balanced diets.
6	Change4Life	Change4Life is the Government initiative that aims to improve diet and fitness levels amongst the UK population.



Teeth and Muscles

Starchy Foods

