



## Knowledge Organiser

Health and Wellbeing

Year 3/4

Theme: Cause and Effect

Summer Term A

### Prior Knowledge

#### Year 3

Know about and understand the function of different food groups for a balanced diet.

Know how to work collaboratively towards a shared goal.

#### Year 4

Know the rules for keeping safe online and how to recognise risks and how to report them.

Know make informed choices and know they have positive, negative and neutral outcomes.

### Application of Knowledge

Explain the people who are responsible for helping them stay healthy and safe; how they can help these people to keep them healthy and safe.

Knowing how information and data is shared and used online.

Demonstrating understanding of why games/online gaming and social media have age restrictions.

Begin to understand the concept of a balanced lifestyle including planning for the future.

Can understand why financial management and planning is important from a young age .

### What I will know by the end of this topic

#### What should a healthy meal contain?

*All of the food groups- carbohydrates, protein, vitamins and minerals, fats in moderation etc*

#### Name 3 jobs that work with food?

*Lots of answers, eg chef, baker, waiter, shop assistant etc*

#### How can you keep safe online?

*Don't share password with others, don't give out personal information, don't talk to strangers online.*

#### What is the age restriction for most common social networking sites?

*13 years old*

#### What is a digital footprint?

*A trail of data that you leave behind online.*

#### Who can keep your money safe?

*A trusted adult or a bank.*

#### How can you plan financially for your future?

*Start saving and spend responsibly*

### Vocabulary

|                          |  |
|--------------------------|--|
| <b>Influences</b>        | People or things that encourage a decision                         |
| <b>Digital footprint</b> | A trail of data that you leave behind online.                      |
| <b>Finance</b>           | The management or looking after of money                           |
| <b>Responsible</b>       | Making good choices  |
| <b>Concern</b>           | A worry or care about a person or thing                            |
| <b>Allowance</b>         | A set amount of money given to someone                             |
| <b>E-safety</b>          | Rules on how to be safe online                                     |
| <b>Social networking</b> | Using apps and online software to communicate with others socially |

