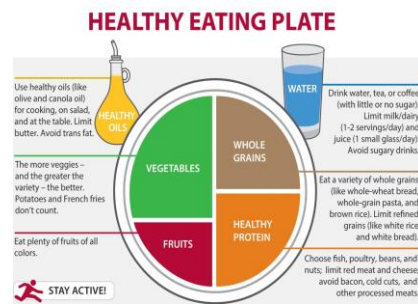


Knowledge Organiser

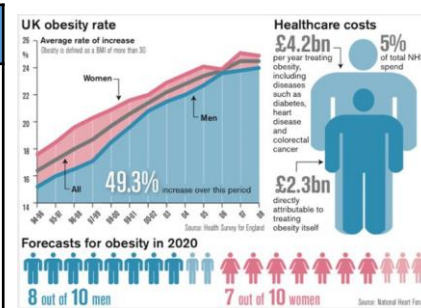
Y4

Health and Wellbeing

Unhealthy Us?



Childhood obesity is a complex health issue. It occurs when a child is well above the normal or healthy weight for his or her age and height. The causes of excess weight gain in young people are similar to those in adults, including behavior and genetics. Obesity is also influenced by a person's community as it can affect the ability to make healthy choices.



Cities of the UK



What Makes a Healthy Diet?

Eat at least 5 portions of a variety of fruit and vegetables every day.

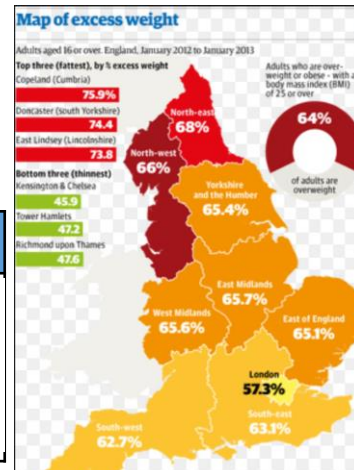
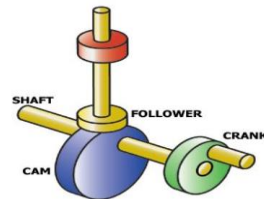
Base meals on higher fibre starchy foods like potatoes, bread, rice or pasta.

Have some dairy or dairy alternatives.

Eat some beans, pulses, fish, eggs, meat and other protein.

Choose unsaturated oils and spreads, and eat them in small amounts.

Drink plenty of fluids (at least 6 to 8 glasses of water a day).



WOW Words

Nutrition

The study of food and how it works in your body. **Nutrition** includes all the stuff that's in your food, such as vitamins, protein, fat, and more. It's important to eat a variety of foods, including fruits, vegetables, dairy products, and grains, so you have what you need to grow and be healthy.

Diet

The food and drink usually eaten and drunk by a person or animal.

Healthy

Keeping healthy means doing things that are good for your body – things like eating nutritious foods, exercising, brushing your teeth and getting enough sleep.

Unhealthy

When something is not good for someone's health.

Saturated Fats

A fat that contains only saturated fatty acids, is solid at room temperature, and comes chiefly from animal food products. Some examples of saturated fat are butter, lard, meat fat, solid shortening, palm oil, and coconut oil. Saturated fat tends to raise the level of cholesterol in the blood.

Body Mass Index (BMI)

A person's weight in kilograms divided by the square of height in meters. It is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems.

Obesity

Having too much body fat.

Types of Cams

