

Knowledge Organiser



Year 1, Autumn : Health and Wellbeing
 PSHE Strand: Health Education
 Whole School Topic: Who is the Bravest?

Key Vocabulary

Disease	An illness or infection that can make people feel sick.
Healthy	In good health and free from disease.
Hygiene	Habits that maintain health and prevent disease.
Medicine	Something you take to make you feel better when you are ill.
Plaque	Sticky substance on teeth which bacteria grows in your mouth.
Teeth	A set of hard structures in mouth used for eating and talking.
Tooth decay	A hole in a tooth caused by plaque acids.

What will I know about health and wellbeing by the end of this topic?

- To understand and explain how to keep teeth healthy.
- To understand how teeth change as we grow up.
- To explore when and how to take medicines safely.



We use our teeth for biting, chewing, talking and smiling.

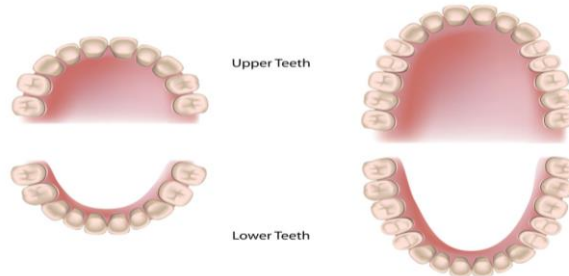


Toothpaste contains special ingredients that help keep our teeth clean and healthy.

Using mouthwash after brushing can help flush away acids left behind by food.



If acids stay on our teeth it can lead to tooth decay.



As we grow, we lose our milk teeth and our adult teeth come in. These are permanent so it is important that we take care of them.



How to brush your teeth



Wet the toothbrush.



Put toothpaste on the toothbrush.



Brush your teeth well.



Brush your tongue.



Rinse and spit.



Clean brush.

Some people have jobs to keep us healthy, such as doctors, nurses and dentists.



Medicine can help us get better if we are sick. A trusted adult will give it to us when we need it.

