

## Knowledge Organiser



Year 3, Autumn : Health and Wellbeing  
 PSHE Strand: Health Education  
 Whole School Topic: Who is the Bravest?

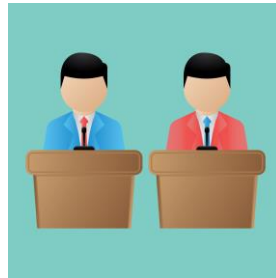
### Key Vocabulary

|                        |  |
|------------------------|--|
| <b>Caffeine</b>        | A substance that helps you stay alert if you feel tired. |
| <b>Democracy</b>       | A government that is run by the people.                  |
| <b>Drug</b>            | A substance which changes the way the body works.        |
| <b>Harmful</b>         | Likely to cause harm                                     |
| <b>Healthy</b>         | In good health and free from disease                     |
| <b>Passive smoking</b> | Inhaling other people's tobacco smoke                    |
| <b>Unhealthy</b>       | Harmful to health  |



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

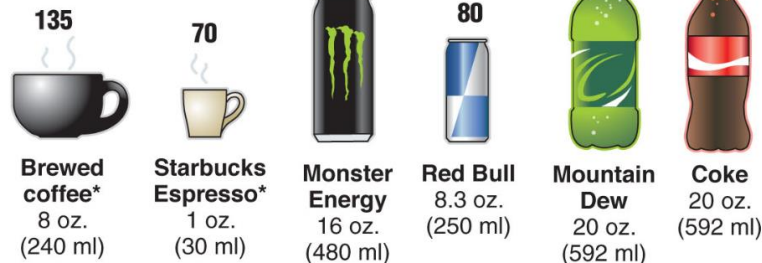
- To explain why democracy is important.
- To understand the effects of passive smoking.
- To understand the impact of caffeine.



People can vote for who they want to represent their views.

There are some substances that are harmful to our health. Caffeine, which is used in many foods and chocolate can have an impact on our bodies if too much is consumed.

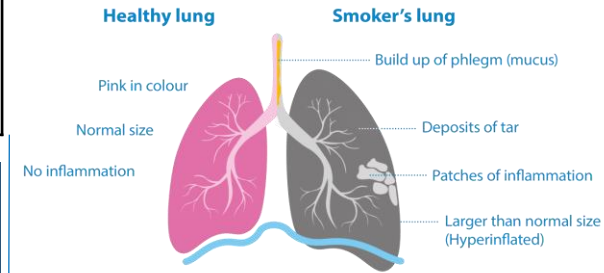
### Caffeine content, in milligrams, per serving or container:



\*Average caffeine content; varies depending on strength of beverage



Smoking is not good for our bodies. It is unhealthy and can be very harmful.



Passive smoking is very harmful to our bodies. It is illegal to smoke in public places, such as shops, libraries, schools and hospitals.



Too much caffeine in children have affect normal brain development. Passive 'second-hand' smoking can have many negative side-effects.