

HEALTH AND WELLBEING

Knowledge Organiser

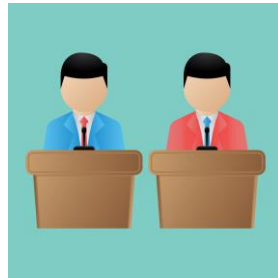
Year 4, Autumn : Health and Wellbeing
 PSHE Strand: Health Education
 Whole School Topic: Who is the Bravest?

Key Vocabulary

Addiction	Feeling a strong desire or craving for something.
Alcohol	A substance in some drinks that have an effect on the body.
Democracy	a government that is run by the people.
Drug	a substance which changes the way the body and mind works.
Healthy	In good health and free from disease.
Smoking	Inhaling tobacco smoke through a cigarette or cigar.
Unhealthy	Harmful to health.

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

- To explain why democracy is important.
- To explain the risks associated with smoking.
- To explain the risks associated with alcohol.



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

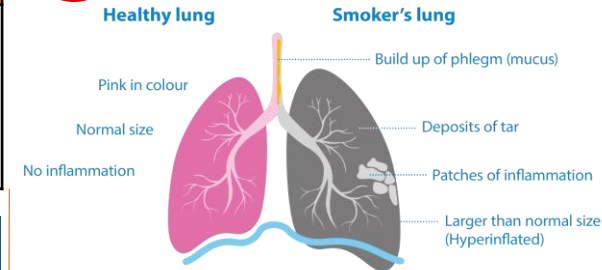


Some people start smoking and drinking alcohol due to pressure from friends or because they think it makes them look cool.

Alcohol and smoking contain substances that not only change the way the body works but can also lead to people who consume it becoming addicted to it.



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



Long-term smoking can lead to illnesses.



Drinking alcohol can have an instant impact and through addiction, long-term negative effects on the body.

Effects of Alcohol on the Body

