

## Knowledge Organiser

Year 5, Autumn : Health and Wellbeing

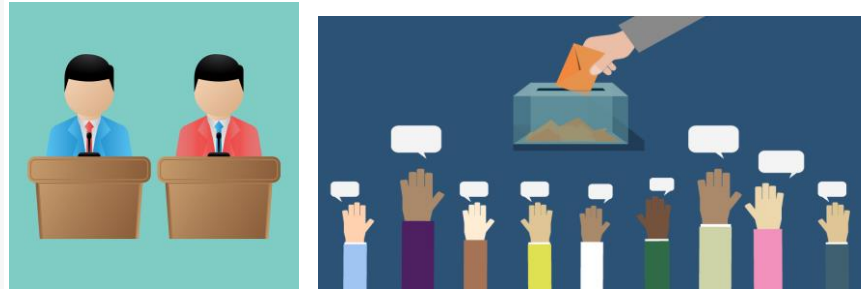
PSHE Strand: Health Education  
Whole School Topic: Who is the Bravest?

### Key Vocabulary

<b>Addiction</b>	Feeling a strong desire or craving for something.
<b>Alcohol</b>	A substance in some drinks that have an effect on the body.
<b>Democracy</b>	A government that is run by the people.
<b>Drug</b>	A substance which changes the way the body and mind works.
<b>Illegal</b>	Against the law; criminal
<b>Legal</b>	Permitted by law; lawful
<b>Smoking</b>	Inhaling tobacco smoke through a cigarette or cigar.

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

- To explain why democracy is important
- To interpret and understand the information of food labels
- To explore risks associated with drug use



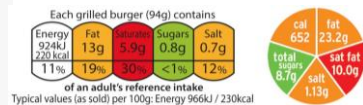
People can vote for who they want to represent their views.

NUTRITION INFORMATION			
Typical Values	Per 100g of product	Per average slice (29.9g)	Reference Intake (Adult)
ENERGY	1207kJ 287kcal	361kJ 86kcal	8400kJ 2000kcal
FAT	8.4g	2.5g	70g
of which saturates	1.3g	0.4g	20g
mono-unsaturates	2.9g	0.9g	
polyunsaturates	4.0g	1.2g	
CARBOHYDRATE	38.8g	11.6g	260g
of which sugars	2.6g	0.8g	90g
FIBRE	6.0g	1.8g	
PROTEIN	11.2g	3.3g	50g
SALT	1.00g	0.30g	6g

Contains 15 slices

**INGREDIENTS** Wheat Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Seed Mix (13%) (Sesame Seed, Sunflower Seed, Brown Linseed, Millet Seed, Poppy Seed), Yeast, Sugar, Malted Barley Flour, Vegetable Oil (Rapeseed, Sustainable Palm), Salt, Emulsifiers: E471, E472e; Wheat Gluten, Soya Flour, Preservative: Calcium Propionate (added to inhibit mould growth); Flour Treatment Agent: Ascorbic Acid (Vitamin C).

SUITABLE FOR VEGETARIANS



All packaged food products will have a food label. These tell us the nutritional value and the ingredients in the product.

Baked beans			Reduced salt baked beans		
Typical values	Per 100g	Per serving (200g)	Typical values	Per 100g	Per ½ can
Energy	359kJ	719kJ	Energy	282kJ	584kJ
Fat	0.2g	0.4g	Fat	0.2g	0.4g
- of which saturates	Trace	Trace	- of which saturates	Trace	Trace
Carbohydrate	13.6g	27.3g	Carbohydrate	9.9g	20.5g
- of which sugars	4.6g	9.3g	- of which sugars	2.3g	4.7g
Fibre	4.0g	8.1g	Fibre	3.7g	7.6g
Protein	5.1g	10.2g	Protein	4.5g	9.4g
Salt	0.6g	1.2g	Salt	0.4g	0.9g

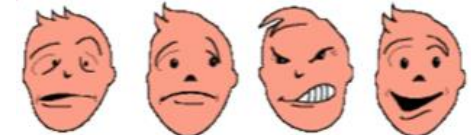
The information on the food labels allow us to make healthier choices. We can compare fat, sugar, salt and calories of different products and make a choice for our needs.

Some products will also have a traffic light system on the front of the packet.

Some drugs, such as medicine, are beneficial and help our bodies heal or cope with infections. These can be prescribed by a doctor or bought from a chemist.



All drugs are dangerous if they are misused. Someone on drugs can have mood swings and eventually they could end up with physical problems with major organs (brain, lungs and liver).



Illegal drugs such as cannabis, cocaine or heroin are not available to buy in shops.



People sometimes become so addicted to these drugs that they turn to crime to fund the habit.

