

RSHE: Health 1

How are our physical and mental health connected?

Key vocabulary

use by	health
best before	habit
carbohydrate	choices
sugars	consequences
nutrition labels	UV
nutrition claims	dental hygiene
sleep	mental health
routines	self esteem
environment	personality
melatonin	positive reframing

Must know knowledge

- Product packaging protects food or drink from damage or spillage; keeps it safe from bacteria, pollution or vermin and gives us information about the food or drink.
- Labels show us the information per 100g so we can compare foods.
- It is healthier to choose foods that are low in fat, sugars and salt.
- The melatonin produced by the pineal gland controls the sleep/awake cycle.
- Bedtime and day routines promote good quality sleep.
- Our choices affect our health, so we are responsible for taking care of it.
- Mind and body are connected.
- Anxiety is a feeling of worry or nervousness.
- Our habits can help us to manage our anxiety.
- Self-esteem is what we think about ourselves based on: one's own worth, abilities, or morals.
- Reframing means taking a negative and changing our mindset to find the positive in it

RSHE reminders

PRIVATES ARE PRIVATE

ALWAYS REMEMBER YOUR BODY BELONGS TO YOU

NO MEANS NO

TALK ABOUT SECRETS THAT UPSET YOU

SPEAK UP, SOMEONE CAN HELP

R- Respect

O- Open-Minded

C- Confidentiality

K- Kindness

BRITISH VALUES

The rule of law

Tolerance of different faiths and beliefs

Individual Liberty

Democracy

Mutual Respect

Online Safety

Follow the SMART rules to stay safe online

S Stay safe online by not sharing personal information

M Do not meet anyone who you have only made friends with online

A Do not accept messages or friend requests from strangers

R Not everything online is reliable. Some people online are strangers and may try and trick us

T Tell an adult you trust if anything happens online that you don't like

Each 40g serving contains

Calories	Sugars	Fat	Saturates	Salt
112	7g	1.5g	0.3g	0.5g
6%	8%	2%	1%	8%

of an adult's guideline daily amount

Nutrition

Typical values	50g with	100g	300ml water	GDA* for a typical adult
	contains	contains	%GDA*	
Energy	1515kJ	760kJ	360kcal	180kcal
			9%	2000kcal
Protein	11.0g	5.5g		
Carbohydrate	60.4g	30.2g		
of which sugars	1.5g	0.8g	1%	90g
Fat	8.1g	4.1g	6%	70g
of which saturates	1.6g	0.8g	4%	20g
mono-unsaturates	3.8g	1.9g		
polyunsaturates	2.7g	1.4g		
Fibre	8.5g	4.3g		
Sodium	trace	trace		
Salt equivalent	trace	trace	<1%	6g

*Guideline daily amounts

TOOLS TO MANAGE ANXIETY

EXERCISE, DO YOGA OR HAVE A GOOD STRETCH

JOURNAL OR SET ASIDE "WORRY TIME" & WRITE IT OUT

TUNE-IN TO YOUR SENSES. WHAT CAN YOU HEAR, SEE & FEEL?

PRACTICE GRATITUDE

MEDITATE OR STOP & BREATHE DEEPLY

TAKE A TIME OUT WITH A CUP OF COFFEE OR TEA

CREATE A PLAN, PROBLEM SOLVE & WORK THROUGH POSSIBLE SOLUTIONS

GET CREATIVE - DRAW, DANCE OR LISTEN TO MUSIC

IDENTIFY UNHELPFUL THOUGHTS & GENTLY CHALLENGE THEM