

PSHE Cycle B 3/4

Physical health & wellbeing: What helps me choose?

Lesson 1

What are healthy food and drink choices?

*eat-well guide
informed choices*

Lesson 2

How does branding affect what foods people choose to buy?

*packaging
taste
value for money*

Lesson 3

What physical activities can we do to keep active?

*evaluate
free-time*

Lesson 4

Assessment

What will we be learning about over the coming weeks?

PSHE Cycle B 5/6

Physical health & wellbeing: In the media

Lesson 1

How can messages given on food adverts be misleading?

influence advertising

Lesson 2

What are role models?

*celebrities
cautious
justification*

Lesson 3

Why do the media change images so they don't reflect reality?

*manipulate
media portrayal
convince*

Lesson 4

Assessment

What will we be learning about over the coming weeks?