





Theme: Hygiene (part of Healthy Me Week 2)

Duration: 2 hours

Rationale: Build children's understanding about how they can keep themselves safe and make the right choices.

Informing scheme: <https://www.oneeducation.org.uk/personal-hygiene-for-kids/>

			
Perseverance – Learns from mistakes.	Controls impulses – Can make the right choices.	Problem solving – Asks and answers questions.	Empathy – Strives to make things better.

	Vocabulary	Knowledge	Enrichment	Reading
EYFS	<ul style="list-style-type: none"> · hygiene · oral · health · toothbrush · toothpaste · decay · bacteria · mouth · teeth · floss · cavity · tongue · gums 	<ul style="list-style-type: none"> • It is important to look after our bodies so that we stay healthy. <p>Oral hygiene –</p> <ul style="list-style-type: none"> • Bad oral hygiene can cause bad breath, cavities and other oral diseases. • Teeth should be brushed twice a day to remove germs. • You should brush for approximately 2 minutes. • Teeth can be flossed to remove bacteria. • Some items can damage our teeth if consumed too much – sweets, juice. • Some items help to keep our teeth strong and healthy – Milk, apples. • The dentist should be visited every 6 months. • A dentist will check your teeth and help to make them better. • The correct size toothbrush and appropriate toothpaste should be used. • Tooth decay is when there is a cavity or a hole. • Our mouth is made up of different parts – lips, tongue, tonsils, palate, teeth, gums 	Visit from a dentist.	<p>'Brush your teeth please' by Jean Pidgeon</p> <p>'How to brush your teeth with snappy fox' by Clarke and Birkett.</p>
Year 1	<ul style="list-style-type: none"> · hand hygiene · germs · bacteria · living organisms · soap · spread · nails 	<ul style="list-style-type: none"> • We make choices to help keep ourselves healthy – handwashing, brushing teeth, washing, food choices. <p>Hand hygiene -</p> <ul style="list-style-type: none"> • We can carry germs on our hands and then transmit them onto other things. • What germs are tiny living organisms that live in many places but can creep into our bodies and make us unwell. • Hands should be washed properly with soap and water regularly. 	Visit from the school nurse.	<p>'Germs are not for sharing' by Elizabeth Verdick</p>

	<ul style="list-style-type: none"> · catch it, bin it, kill it. 	<ul style="list-style-type: none"> • We should wash hands before eating, when they are dirty, after the toilet, if we sneeze/cough, if we touch animals or if we have touched something that can be harmful. • Nails should be trimmed and cleaned regularly to prevent germs being under them. • Handwashing helps keep infection away. • You should cough or sneeze into your elbow or a tissue. The tissue should be binned and your hands should be washed – catch it, bin it, kill it. 		
Year 2	<ul style="list-style-type: none"> · food hygiene · unhygienic · raw · storage · cooked · uncooked · diet 	<ul style="list-style-type: none"> • Our actions can impact on our health. <p>Food hygiene -</p> <ul style="list-style-type: none"> • You can get ill from not eating healthily and not maintaining food hygiene. • A healthy diet consists of a range of food in appropriate portions. • Being unhygienic can cause stomach ache, vomiting and diarrhoea. • Food hygiene should be maintained whilst preparing, serving and eating food to prevent germs spreading. • You should always wash your hands with clean water and soap before touching food. • You should wash your hands every time after handling raw meat or seafood. • Food should be stored appropriately – Cooked meat and uncooked meat should not be together. • Fresh fruit, salad and vegetables should be cleaned with water to remove any germs. 	Visit from a chef or to a kitchen.	'Cutie Sue fights the germs' by Kate Melton
Year 3	<ul style="list-style-type: none"> · Healthy · drugs · attitude · medicines · powder · tablets · liquid · prescribed · trusted adult · orally · injected · intravenously · inhaled 	<ul style="list-style-type: none"> • Drugs can come in different forms – powders, tablets, liquids • Medicines are also drugs, these help our bodies if they are taken correctly. • We will take medicine such as paracetamol (calpol) if we are poorly. • Medicines are used to by people to stay healthy or to make them better. They are prescribed or given by a trusted adult and there are instructions to follow that give dosage. • Some drugs are not medicines and are unsafe to take. We should not take drugs unless they are prescribed to us. • Drugs can be taken different ways – orally, injected, intravenously, inhaled • Drugs might make us feel scared or worried. • If we find drugs, we should not touch them and tell a trusted adult. 		

<p>Year 4</p>	<ul style="list-style-type: none"> · peer pressure · smoking · vaping · guilt · advice · taste · smell · aging · nicotine · inhaling · choice · healthy behaviour · unhealthy behaviour · informed decision · media · heart · lungs · liver 	<ul style="list-style-type: none"> • I know that I can say ‘no’ if someone tries to make me do something that I know is wrong or bad for me. • I know that someone should not push me to do something. • People can put on peer pressure and I can resist this. Peer pressure might make me feel anxious or scared. • Smoking makes a person’s belongings, clothes, hair and breath smell • smoking makes a person’s teeth go yellow • Smokers get more wrinkles and skin aging than non -smokers • Some people think smoking makes them look cool/tough/grown – up. The media (films, TV) can sometimes make it appear this way. • Smokers are more likely to get health problems with their hearts, lungs and liver. These are important organs that help our bodies to function. • Smokers can’t taste or smell as well as non-smokers • Breathing in other’s smoke is called passive smoking and is also unhealthy • E-cigarettes/vaping is still risky for a person’s health as can still contain potentially harmful chemicals. • Vaping allows someone to inhale in a vapour instead of through tobacco smoke. • You can choose to make healthy or unhealthy decisions. • Packaging for cigarettes now shows the dangers. 		
<p>Year 5</p>	<ul style="list-style-type: none"> · alcohol · liver · heart · blood pressure · disease · cells · brain · filter · blood · choice · informed decisions · pressure · influence · media 	<ul style="list-style-type: none"> • Alcohol is a drug and can be addictive • There are recommended healthy limits about how much alcohol is safe to drink. • • • You have to be 18 to buy alcohol. • When you drink alcohol, your behaviour can change. • Anti-social behaviour is any aggressive, intimidating or destructive behaviour. • Alcohol affects all cells in your body. • When you drink alcohol, it takes around 30 seconds for it to move through your blood stream to your brain. Alcohol slows down the brain. • Your brain is mostly made up of water. • Alcohol affects children’s brains and behaviour much more than adults because their bodies are smaller. • Alcohol increases heart rate and can damage your heart. • Alcohol can damage your liver and it is an important organ: 		

	<ul style="list-style-type: none"> · Anti-social 	<ul style="list-style-type: none"> - An adult liver is around the size of a rugby ball and is the largest internal organ - It holds approximately half a litre of your total blood supply - Filters the body – The liver cleans and filters the blood by preventing harmful substances reaching the blood stream, such as alcohol, drugs, waste and chemicals. - Digestion – The liver produces bile which breaks down fat from the food we eat and helps digestion. - Storage – The liver stores vitamins and minerals, such as iron and releases them into the blood-stream when needed. - Metabolism – The liver converts food into energy. - Clots blood- The liver makes substances (enzymes and proteins) that cause chemical reactions in the body to help the blood to clot and repair damaged tissue • I can say ‘no’ and not give in to peer pressure. • Alcohol can be misused. • Alcohol comes in different forms – beer, spirits, wine. • When we see behaviour that we do not like from alcohol, we should tell a trusted adult. 		
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<p>Year 6</p>	<ul style="list-style-type: none"> · drugs · effects · motivation · prescribed · unrestricted · over – the - counter · restricted · illegal · volatile substances · synthetic highs · new psychoactive substances 	<ul style="list-style-type: none"> • Substance misuse has an unhealthy impact on the body and mind. • Substances including alcohol can be misused and can create anti social behaviour – aggression, shouting, damage. • Drugs can be harmful to our health. • Drugs fall into different categories: <ul style="list-style-type: none"> - Unrestricted drugs e.g. caffeine - Restricted e.g. alcohol, tobacco, e-cigarettes/vaping, some over-the counter medications, solvents (e.g. some glues, paint thinners, gases like butane, poppers, nitrous oxide/ laughing gas) - Prescribed e.g. asthma medication, insulin, anti-allergy medicines, anti-depressants, amphetamines, steroids - Illegal e.g. heroin, cocaine, ecstasy (MDMA), LSD, spice, magic mushrooms, ketamine, PCP, GHB, cannabis • Illegal drugs can be mixed with other dangerous chemicals so a person who takes the drug might not know what they are taking. • The liver and heart are very vulnerable to drug misuse. The liver cleans toxins from the body and many drugs make the heart work faster than it needs to. • Prescribed drugs are safe but they can be misused. It is important to follow instructions correctly and to seek medical support if they are taken wrongly. 		
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