

Healthy Me

Year 5 Term 4

I should already know...

- Some facts about smoking and alcohol, their effect on health and some of reasons people start to smoking / drinking alcohol
- When people are putting me under pressure and ways to resist this

Hello

I'm Jigsaw Jez



We will learn ...

- The health risks of smoking and how tobacco affects the lungs, liver and heart
- Some risks with misusing alcohol, including anti-social behaviour
- Basic emergency aid procedures (including recovery position) and know how to get help in emergency situations
- How the media, social media and celebrity culture promotes certain body types
- Different roles food can play in people's lives
- What makes a healthy life style

addictive	alcohol	altered	anti-social behaviour	body image	celebrity	choices
comparison	drug	eating disorder	eating problem	emergency	healthy behaviour	influence
informed decision	level-headed	media	misuse	motivation	pressure	procedure
recovery position	respect	self-respect	smoking	social media	tobacco	unhealthy behaviour