

## Year 4 - PSHE

<b>Subject</b>	PSHE
<b>Class/Division</b>	Year 4 A-F
<b>Week</b>	37 (9 <sup>TH</sup> - 10 <sup>TH</sup> MAY 2021)
<b>Work sent to students via</b>	<b>ZOOM</b>
<b>Total number of lessons per week</b>	<b>1</b>
<b>Unit</b>	UNIT 6- INFLUENCES
<b>Lesson 1</b>	<p><b><u>Topic:</u> INFLUENCES</b></p> <p><b>Learning objectives - Analyse what makes a healthy lifestyle and discuss how to make informed choices.</b></p> <p><b>Learning outcomes - Learn and understand that eating the right balance of a wide range of food provides most people with the energy and nutrients that they need to stay healthy.</b></p> <p><b>Factors influencing food choice will affect our health and lifestyle-</b></p> <ul style="list-style-type: none"><li>• individual energy and nutrient needs</li><li>• health concerns</li><li>• portion size</li><li>• cost</li><li>• social and economic considerations;</li><li>• food availability</li></ul>

*Task -*

*Resources –*

- **food preferences**

**Written tasks will be put up in GC.**

**PPT, Worksheets and video**