

Vocabulary

Stress	Feeling under pressure	Sun exposure	When your body is exposed to the sun without protection
Media	Newspapers, television, radio and the internet	Sun damage	Damage caused to your skin or eyes by the sun if you don't use sun protection
Self-image	The way you perceive (view) yourself	Informed choices	Making a sensible choice after you have done some research
Diet	Your food and drink choices	Mistakes	Mistakes are a part of learning. Sometimes, we can learn from other people's mistakes.
Calories	The amount of energy in food or drink		
Nutritional content	Information about the amount of nutrients in a food or drink		

Nutritional content: Energy, protein, fat (2 types), vitamins (E.g. Vitamin C, Vitamin E), minerals (E.g. salt, calcium, iron), carbohydrates, fibre and sugars.



Nutrition information		
Typical values	Per 100g	Per 30g serving
Energy	2325 kJ 559 kcal	698 kJ 168 kcal
Protein	0.2g	trace
Carbohydrate of which sugars	46.3g 46.3g	13.9g 13.9g
Fat of which saturates	38.8g 25.4g	11.6g 7.6g
Fibre	nil	nil
Salt of which sodium	trace trace	trace trace

Sometimes you will find some useful colour-coding on wrappers.

Green = contains a healthy amount of something that can be harmful to your health if you have too much
Red = contains an unhealthy amount

Calories: We need calories but not too many. Some people think that if they choose a food option with less calories or fat, it is always healthier. Looking at the tables below, is this always the case? If not, what else can we use to help us make informed food choices?

	Brown Rice (one cup)	White Rice (one cup)
Calories	232	223
Protein	4.88 g	4.10 g
Carbohydrate	49.7 g	49.6 g
Fat	1.17 g	0.205 g
Dietary Fibre	3.32 g	0.74 g
Folacin	10 µg	4.1 µg
Vitamin E	1.4 mg	0.462 mg

Sun Safety

9 ways to look after your mental health

- ✓ We take turns to speak
- ✓ We use kind and positive words
- ✓ We listen to each other
- ✓ We have the right to pass

Our PSHE Charter

- ✓ We only use names when giving compliments or being positive
- ✓ We respect each other's privacy (confidentiality)