

## Vocabulary

incisors	Tooth found at the front of the mouth used for biting
canines	Pointy tooth found next to the incisors used for ripping
pre-molars	Used for grinding food
molars	Larger tooth at the back of the mouth used for chewing and grinding food
solar	energy made from the sun's rays.
rays	each of the lines in which light (and heat) may seem to stream from the sun
ultraviolet	Ultraviolet is a form of electromagnetic radiation. It is shorter than that of visible light, but longer than X-rays. UV radiation is present in sunlight, and makes up about 10% of the total electromagnetic radiation output from the Sun.
sun damage	Sun damage is caused by exposing unprotected skin to the sun for too long.
dehydration	When a person's body loses a large amount of water.

Throughout this unit Looking After Ourselves children will be combining the work covered in PHSE and the science unit Animals Including Humans with the focus on 'humans'. We will learn about how to make healthy food choices, the principles of eating healthily, safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, dental health and the benefits of good oral hygiene and dental flossing, including regular dental check-ups.

## Curriculum focus

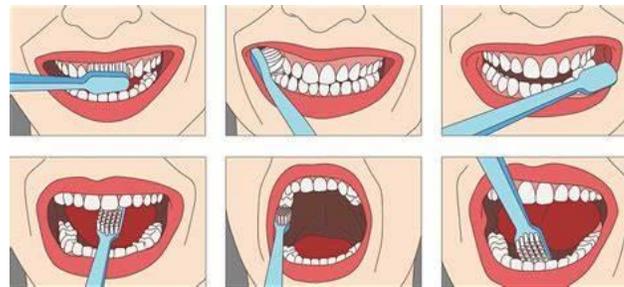
Animals Including Humans

**Animals, including humans (2AH)**

- i) notice that animals, including humans, have offspring which grow into adults
- ii) find out about and describe the basic needs of animals, including humans, for survival (water, food and air)

**Working Scientifically (WS)**

- i) asking simple questions and recognising that they can be answered in different ways
- ii) observing closely, using simple equipment



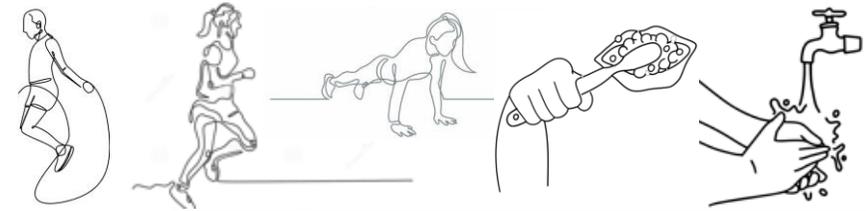
## Knowledge



Children = 20 teeth      Adults = 32 teeth

To stop germs from spreading it is important to stay hygienic.

Staying fit and healthy means looking after our bodies. Fitness, diet, personal hygiene and looking after our skin and bones is so important to keep our bodies healthy.



Fruit and vegetables are your body's friends!

By the end of this unit, I should know.....

How many baby teeth do we have?  
I can name different types of teeth.  
I understand the term dehydrate.

How many teeth do adults have?  
What is sun-damage?  
I know how to stay hydrated

What are the jobs of the different teeth?  
I can suggest ways to stay safe in the sun.  
I know how to look after my teeth