



Tacolneston and Morley Federation



Year 1 PSHE- **Health and Wellbeing** - What do we put in our bodies? - Drug, tobacco and alcohol education

Key Knowledge

What can go into bodies and how it can make people feel

Different things that go into bodies can make people feel good or not so good.

Identify whether a substance may be harmful to take in.

How to ask for help if unsure whether something should go into the body.

What can go on to bodies and how it can make people feel

Substances can be absorbed through the skin.

Recognise that different things that people put on to bodies can make them feel good or not so good.

State some basic safety rules for things that can go on to the body.

What to do if they find substances. Who to ask for help and advice.

Vocabulary

A list of foods that people eat

A list of drinks

Medicine - a drug for the treatment or prevention of disease

Inhaler - a device for giving a medicine that is breathed in

Lotion/cream/gel - a thick, smooth liquid applied to the skin

Drops - a liquid that falls onto the part of the body where it is needed

Lozenges - a tablet taken for sore throats which dissolves in the mouth

Tablets/caplets - a small solid medicine which is swallowed with water

Liquid medicine - a medicine that is poured from a bottle onto a spoon

Vitamin tablets - help the body to work effectively

Washing up liquid - soap in the form of a liquid used for the washing of crockery and cutlery

Weed killer - a liquid used to destroy weeds

