



Families and People Who Care For Us

Curriculum Links:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>



Key Facts:

- That families are important for children growing up because they can give love, security and stability.
- The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.
- That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
- That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
- That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.
- How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.

Key Vocabulary

Calories	A measure of energy in food
Carbohydrate	A substance that provides the body with energy (or foods which contain these substances)
Dairy	Food containing or made from milk
Diet	The foods an animal or person normally eats
Nutrition	The foods which you take into your body and how they influence your health
Protein	A substance found in food such as meat, cheese and eggs, that is necessary for the body to grow and be strong

Possible experiences: We should already know:

- Family Portraits exhibition
- The basic principles of a healthy and varied diet to prepare dishes
- Understand where food comes from