

PSHE



LO: To understand how
not eating a healthy
diet can affect your
health.

If we eat too much
sugar and fat, what can
happen to our bodies?



What happens if we eat too much fat and sugar?

Sugar and fat don't just affect our teeth. Eating too much sugar can contribute to people having too many calories, which can lead to weight gain.

Being overweight increases your risk of health problems such as heart disease, some cancers and type 2 diabetes.

For a healthy, balanced diet, we should get most of our calories from other kinds of foods, such as starchy foods (wholegrain where possible) and fruits and vegetables.

Sugar and fat can cause acne (spots) on your face, weight gain, and can make you feel upset. Although sugar gives you energy, it increases the amount of sugar in your blood, which can cause you to feel down, sad and tired a lot of the time.



Questions

- What can eating too many calories lead to?
- Where should we get our calories from?
- Why can sugar make you feel sad and tired?