

Can I Eat It?



Aim

- I know what is safe to eat or drink.

Success Criteria

- I can spot some everyday risks and dangers.
- I know some things that are not safe to eat or drink.
- I know some household products can cause us harm.

True or False?



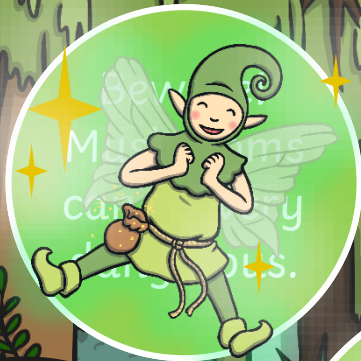
Discuss where you think the picture should go.



True or False?



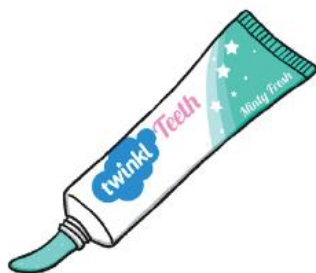
Click on the bubble to see if you are right.



Think back to last week – sort the items into those which we can eat and those that we shouldn't.



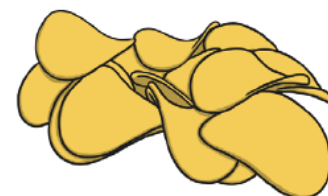
Fruit and
vegetables



Toothpaste



Chocolate



Crisps



Shampoo



Fizzy drinks

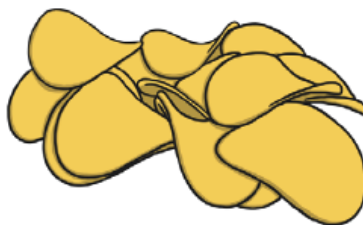


Soap

Think back to last week – can you sort the items into those which we can eat and those that we shouldn't.



Fruit and
vegetables



Crisps



Shampoo



Chocolate



Fizzy drinks



Soap



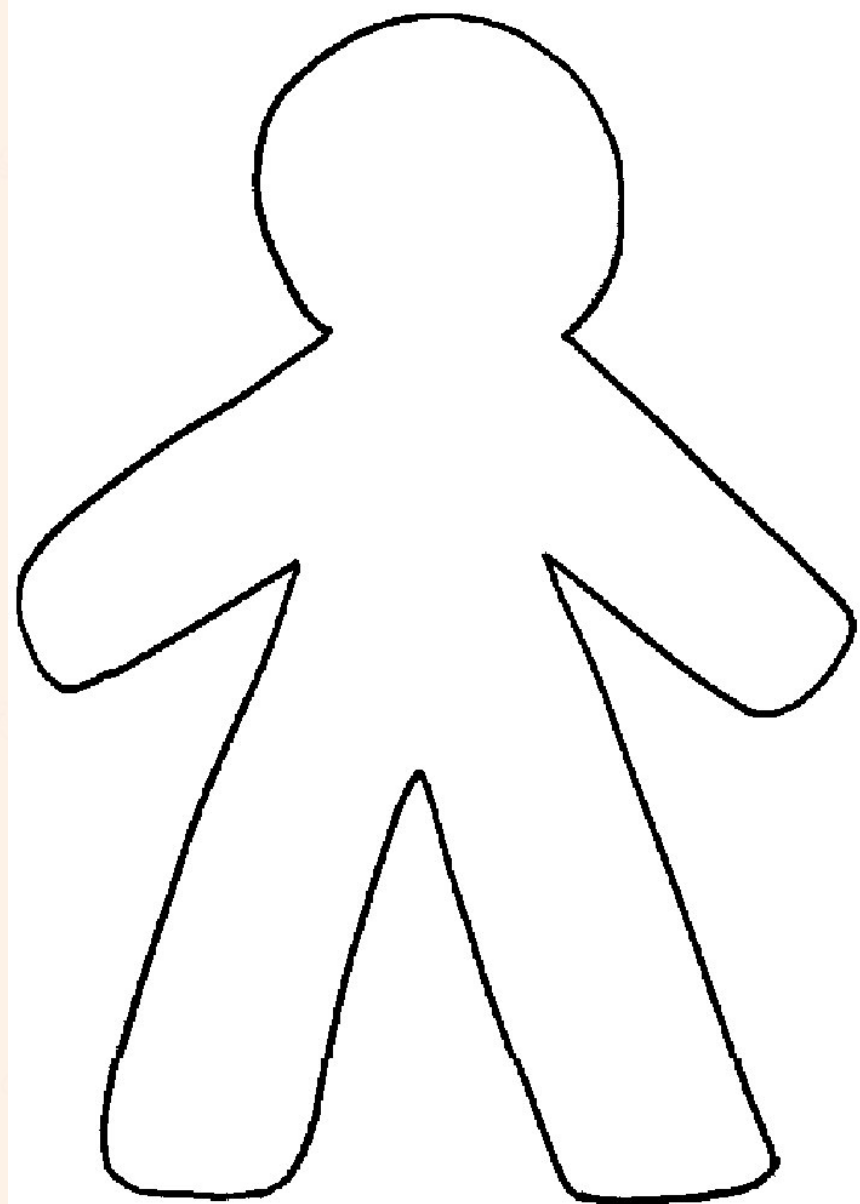
Toothpaste

Discuss and list all of the things which might:

Go into your mouth

Go in to your nose or ears

Go on your skin



Ear plugs
Cotton wool buds
Earrings

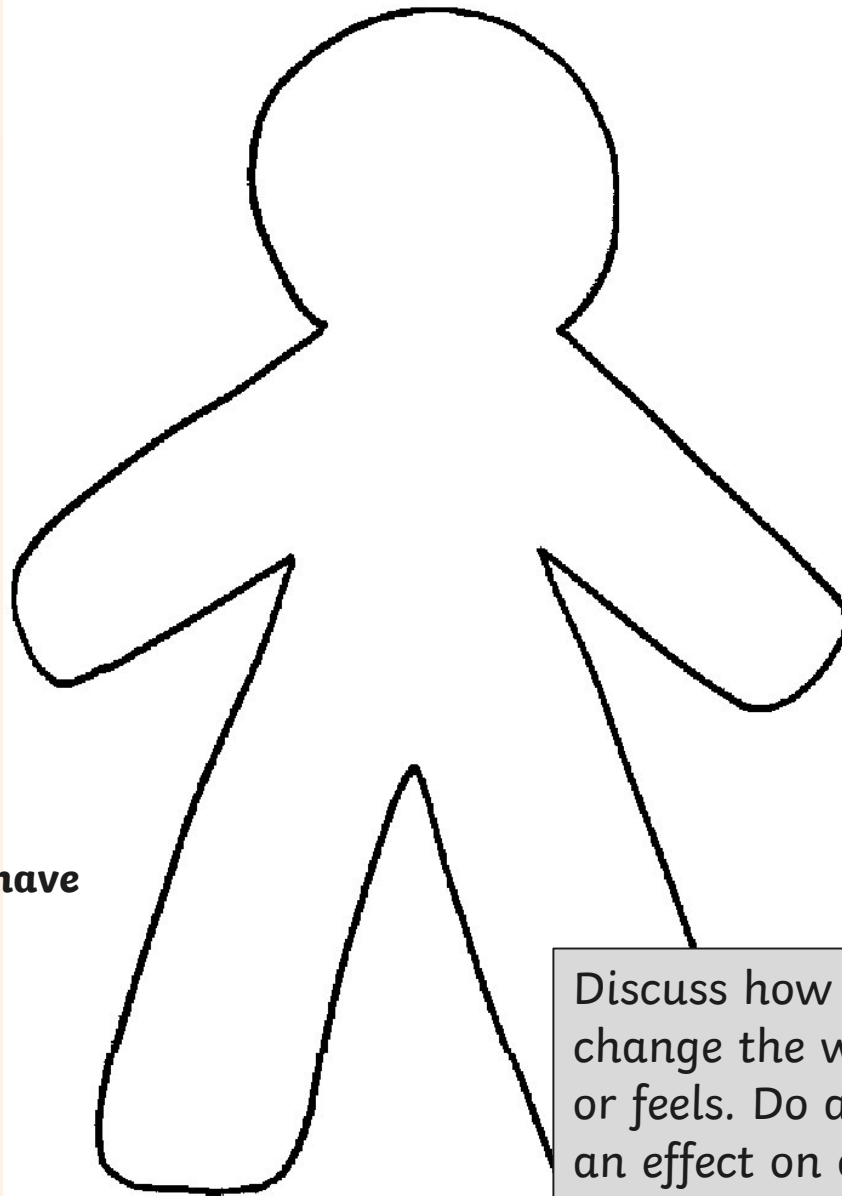
tissues

Covid test swab

**medicine (nose
spray, ear spray)**

thermometer
fresh air

Sun cream
Moisturiser
Make up
Perfume/aftershave
Water
Clothes
Tattoos
Jewellery
Plasters



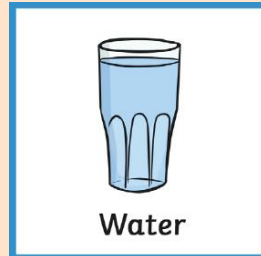
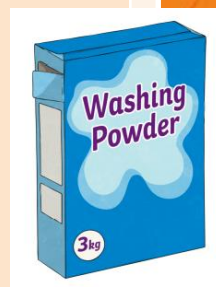
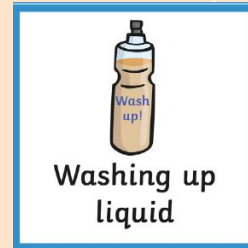
Food
Water
Juice
Crisps
Vegetables
Milk
Fizzy drinks
Cake
Sweets
Fruit
Medicine
Tablets

Discuss how these might change the way a person looks or feels. Do any of these have an effect on our bodies?

helpful

harmful

both



Amrit's Dilemmas

1.

Amrit has eaten too much ice-cream and is feeling a bit sick.



- a. Eat more ice cream
- b. Drink water and have a rest
- c. Jump up and down
- d. Something else?

2.

Amrit's skin has a rash – with little red spots.



- a. Don't tell anyone
- b. Use some of mum's face cream on it
- c. Go with an adult to see a doctor
- d. Something else?

3.

Amrit has dropped a can of black sticky liquid in the shed – it is spilt on the floor.



- a. Leave it
- b. Clean it up
- c. Tell an adult
- d. Something else?

4.

Amrit has fallen over and has a grazed knee.



- a. Wash it with water
- b. Rub a leaf on it
- c. Put washing-up liquid on it
- d. Something else?

5.

Some shampoo has gone in Amrit's eye by accident at bath time.



- a. Wash the eye with water
- b. Rub the eye
- c. Hold a wet flannel on the eye
- d. Something else?

