

Elements of a healthy lifestyle

Knowledge

- Physical activity- can include gardening, organised sport, cycling/ walking to school.
- Leisure- can include hobbies, family time, time with friends, reading, playing games.
- Rest- relaxing, listening to music, meditation, sleep, bathing. The recommended amount for children of their age is 9 to 12 hours,
- Hygiene- dental, washing, clean clothing, tidy room. You need to brush your teeth at least twice a day; Do not eat sugary snacks between meals; Go to the dentist for a check up every six months; Use a pea-sized amount of toothpaste.
- Health- balanced diet, medical health- telling someone if you are hurt or unwell and getting attention

Understanding balance within your lifestyle

Awareness

The choices you make need to be balanced for example...
It is OK to enjoy a party and eat less healthily at this event but then you can balance by exercising or selecting a healthier diet after.
If you play computer games for a few hours on the weekend, try to be more active during the week.



Nutrition and balancing your diet



Using the Eatwell guide, you can be sure you are having a balanced, nutritious diet making informed choices.

Food Choice

- To be able to:
- know what might influence what we choose to eat
 - know what might influence adults when they are shopping for food
 - know how food companies might try to persuade us to buy their food

Vocabulary Tier 2

lifestyle, healthy choice, benefits of physical activity, balanced choices, rest, sleep, nutrition, hygiene, active living, personal responsibility.



Vocabulary Tier 3

Strength, stamina, flexibility, mental health, endorphins, persuasive influences.

