

### Knowledge

- There are a range of factors which contribute to a healthy lifestyle, including a healthy balanced food intake and physical activity.
- Different foods contain different nutrients. These each have different benefits for our bodies and therefore variety in the diet is important.
- Different kinds and amounts of food provide different amounts of energy.
- Plan an appropriate energy balance for themselves.
- Physical activity promotes health.
- Behaviour, routines and a variety of influences affect their lifestyle choices.
- A healthy lifestyle includes physical, social and emotional health. They can take responsibility for their own health.

### Understanding a balanced diet

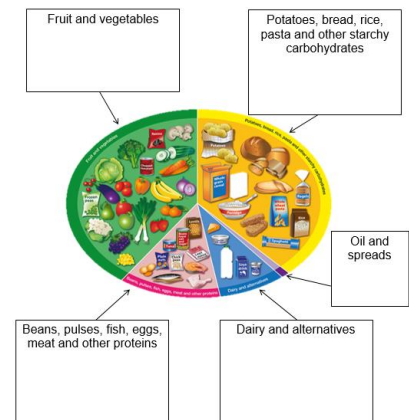
#### Awareness

Food and drinks contains different substances that are needed for health.

These are nutrients and water.

Different types of food provides nutrients in different amounts.

To help us get all the nutrients we need, we should eat a variety of food from the Eatwell Guide food groups.



#### Vocabulary Tier 2

lifestyle, healthy, benefits, nutrients, balanced diet, energy, muscles, heart, feelings, emotion, thoughts, body, mind, mental, physical, wellbeing.

#### Vocabulary Tier 3

Carbohydrates, vitamins, fibre, protein, minerals, calcium, fats, heart rate.

### Physical health

#### 60 minutes per day

- strong bones
- strong muscles
- a healthy heart
- help us to feel happy
- help us make new friends
- provide new experiences



### Mental/ Emotional health

Mental health is about feelings and emotions; knowing how to take care of ourselves so that we can cope with things that happen to us.

