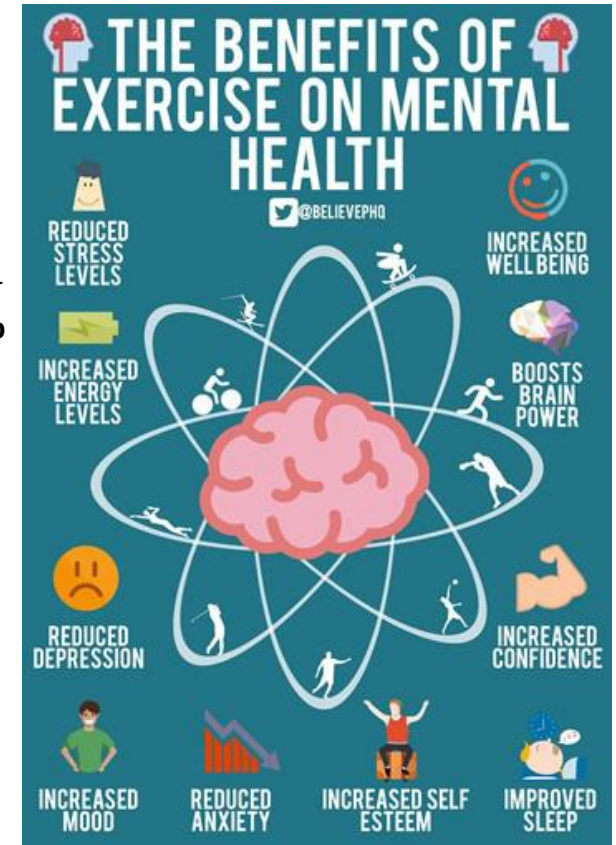
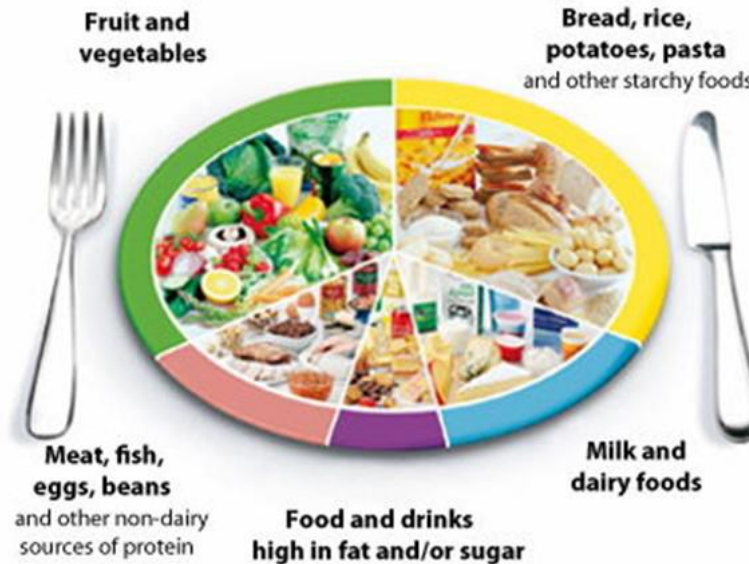


The **Eatwell plate** shows us how much to eat from each food group in order to achieve a **healthy, balanced** diet. It helps us to make healthy food choices.

Taking care of your body and eating a healthy diet is important for our **physical and mental health**. If we consume too much food and drink which is high in fat and/or sugar, we could become ill. Early signs of physical illness include: **stomach pain, changes in appetite and/or weight, sleep problems and feeling tired.**

WHY SHOULD I EXERCISE?

- MY STAMINA IS INCREASED
- I SLEEP BETTER
- It makes me feel Fit and Healthy
- IT SHARPENS MY THINKING
- MY BODY GETS LEANER
- IT GIVES ME MORE ENERGY
- MY MUSCLES AND BONES GET STRONGER
- IT HELPS ME TO RELAX
- IT RELIEVES STRESS IN MY LIFE
- MY HEART BECOMES MORE EFFICIENT

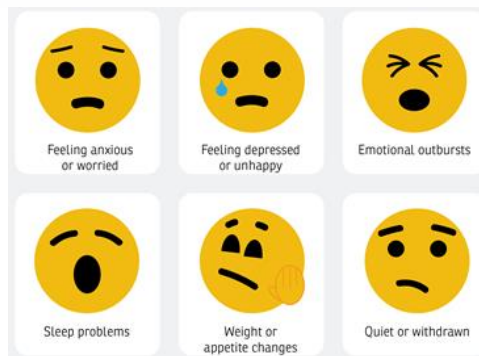


What I have already learned?

Risks of eating too much sugar can have an impact on my health.

Good oral hygiene is necessary and an important factor for a healthy lifestyle

Maintaining a healthy lifestyle has a positive impact on my physical and mental health and wellbeing



Word	Definition
Oral health	Keeping your mouth clean and free of disease and other problems.
Physical activity	Moving the body so that it uses Energy.
Stress	Is what you feel when you are worried or uncomfortable about something
Well being	Is the state of being healthy, safe, comfortable and happy.

Making healthy lifestyle choices

can make us feel:

confident excited motivated



Unhealthy habits and choices

can make us feel:

tired stressed unconfident



healthy lifestyle is all about looking after our physical and mental wellbeing in order to stay happy and healthy.

1. Being physically active

Regular exercise has many benefits:

- ☑ Improved fitness and concentration
- ☑ Stronger bones and healthier muscles
- ☑ Helps to maintain a good body weight
- ☑ Lowers stress and improves self-esteem



2. A healthy, balanced diet

This means eating a wide variety of foods in the correct proportions. Foods and drinks that are high in fat, salt and sugar should be had in small amounts. It is also important to drink plenty of water. The risks of not eating a healthy diet include obesity and tooth decay.

3. Good quality sleep

Good sleep improves our mood, resilience and ability to concentrate. Children aged between 7 and 12 years old need 10 - 11 hours sleep per day. Lack of sleep may result in feeling tired, cranky and unable to concentrate.

4. Talking about your feelings

By talking about how we are feeling, we can celebrate the happy and exciting things as well as support each other when we feel unhappy or worried. Other people can help you work out how to solve a problem.

Behaviour

Our actions and reactions in response to everyday environments and situations.

Benefit

A positive or helpful effect.

Consequence

A result of a particular action or situation.

Habit

A routine of behaviour that is repeated regularly. Healthy habits are good for our wellbeing.

Health

A state of physical, mental, social and emotional wellbeing.

Healthy lifestyle

A way of living that allows us to stay happy and healthy. This includes healthy eating, exercise, getting enough sleep, good social and mental wellbeing.

Healthy diet

Eating a range of foods from the five food groups in the correct proportions. We can use nutrition labels to help us make healthy food choices.

Nutritious

Nutritious foods contain a large amount of vitamins, minerals and nutrients to help us make energy and grow.

Obesity

Having too much body fat. This is not the same as being overweight which means weighing too much.

Feelings

Something that we feel from within. Our feelings are constantly changing in response to different situations.

Risk

Something or someone that may cause loss or injury.