



What is a healthy lifestyle?

Word	Definition
benefits	The reasons why something is good
active	Always doing something
energy	The power to do things
nutritious	A food that has a large amount of vitamins, minerals, or other nutrients things in it
advertising	People giving information to the public about an event, a product, or a service – usually when they want you to do or buy it
persuasion/persuasive	Trying to make you want to do or buy something
dental	Things related to teeth

Key Knowledge and Concepts

To keep your teeth healthy you should: **brush your teeth at least twice a day**; not eat sugary snacks between meals; go to the dentist for a check up every six months; use a pea-sized amount of toothpaste.

I should get between 9 and 12 hours sleep a night.

You need to eat healthily, be active and sleep well to have a healthy lifestyle.

Physical activity helps us to feel good about ourselves.

Benefits of exercise to our bodies are increased stamina, strength and flexibility.

People make unhealthy choices for many reasons including: **some people do not like PE**; sometimes people want to be like their friends and not eat fruit or vegetables; **some people are very busy and do not have time**.

People choose different foods for many reasons including: they are cheap; they are healthy; someone in their family likes it.

