

Could me and my family become healthier people?



Word	Definition
Routine	a course of activity that never changes
Lifestyle	the general way of life of a person or group
Consume	To eat
fat	Fuels the body and help absorb some vitamins
Protein	Builds, maintains, and replaces the tissues in your body. Your muscles, your organs, and your immune system are made up mostly of protein
Carbohydrates	One of the three main classes of foods and a source of energy. Carbohydrates are mainly sugars and starches that the body breaks down into glucose
calcium	A mineral that is found in foods, specifically dairy, and stored in bones and teeth in our body
iron	A mineral found in plants and animals and all living things.

Key Knowledge and Concepts



To improve my mental health I can: exercise, talk to others and practice mindfulness.

Things I enjoy doing online or on a screen might include: taking photos and sharing them, playing online or offline games, video calling my family and friends who don't live nearby, sending messages to my friends, creating videos or watching those which others have made).

Decisions I make about my lifestyle can that can have both a positive and negative impact.

Other people/things can have an influence on your lifestyle. For example a family member, a friend, money, time etc.

Physical activity involves moving your body and that it can:

- *improve muscle strength
- *boost your endurance
- *deliver oxygen and nutrients to your tissues
- *helps your cardiovascular system work more efficiently
- *gives you more energy

Social activities include: having friends, spending time with others, meeting new people

Emotional activities include: knowing how to name and manage different feelings; knowing where to go for help.

Eat a variety of these 5 food groups in in order to remain healthy: carbohydrates, protein, dairy products, fruit and vegetables, fats and sugars.

Fat, protein and carbohydrates provide us with energy.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

