What actions can I take to look after my health?

Skills covered:

- Think critically about information (identifying reliable and unreliable sources online).
- Identify and share feelings/emotions.
- Identify healthy foods and explain the nutrients they provide.
- Compare different foods and their nutritional value.

Key vocabulary:

immunity digestive system

variety starchy foods

proportions health

food groups well

activity keep fit

mind health

body clean

healthy food activity

online movement

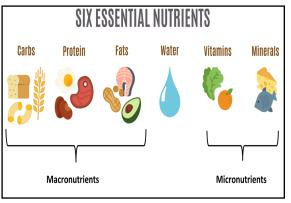
body image feelings/emotions

combination foods

To get support/information:







Must-know knowledge:

- Eating a wide variety of foods helps to ensure we get all the different nutrients we need to grow and function properly.
- We need both macro and micro nutrients to stay healthy and prevent diseases.
- Fibre is needed to keep food moving through the digestive system.
- Identify the food that contains the different macro and micronutrients.
- Eating too much sugar leads to heart disease, weaker immune system, tooth decay, faster aging, obesity and diabetes.
- Technology can be helpful to improve our health but not everything that is online is real.
- Feelings are our bodies way of telling us something.
- There are not bad feelings: some feelings are comfortable whereas others are uncomfortable.

