

# 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.



## SIX ESSENTIAL NUTRIENTS

