

VOCABULARY DOZEN!

nutrition

Nutrition is the study of food and how it works in your body. Different foods give us different nutrients.

balanced diet

A balanced diet contains food from the following groups: fruits, vegetables, dairy, grains and protein.

healthy choices

Healthy choices means making a decision about things that benefit your health.

physical activity

Physical activities are activities that get your body moving.

healthy lifestyle

A healthy lifestyle is one which helps to keep and improve your health and well-being.

active and inactive

Active means to take part in regular physical activity.

Inactive means not taking part in much physical activity.

mental well-being

Your mental well-being is about your thoughts and feelings and how you cope with the ups and downs of everyday life.

online apps

An online app is an application program that is stored on a remote server and delivered over the internet through a browser interface.

age restricted

Age restricted means it is limited to people above or below a certain age.

physical illness

Physical illness is when our body feels unwell in some way e.g. when we have a cold.

self-care

Self-care means activities that help your well-being and prevent disease e.g. sleep, drinking water, listening to music, spending time with friends.

Responsibility and Liberty

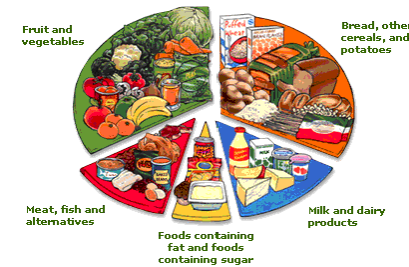
This means freedom of speech for everyone, having the right to make our own choices and taking responsibility for our actions.

KEY AREAS OF LEARNING

- We will learn about how physical activity might help us and what the risks of not engaging in physical activity might be.



- We will discuss what could characterise a balanced or unbalanced diet and what the associated benefits and risks are.



- We will reflect on the different aspects of a healthy lifestyle and how we could become healthier.
- We will think about the factors influencing us when we're making lifestyle choices and how these might change over time.
- We will learn about the possible signs of physical illness and how we might respond.
- We will reflect on the the benefits and risks of spending time online/on electronic devices, in terms of our physical and mental health.
- We will revisit why online apps and games age restricted.

This topic links to the British Values of: Responsibility and Liberty