

HEALTHY LIFESTYLE

LivWell

BE HAPPY. BE HEALTHY.

In today's lesson we will learn...

- Eating and drinking a balanced diet.
- Sugars in food and drinks.
- Understand the benefits of staying hydrated.



Group Discussion: Why do we need to eat and drink?

In a small group spend 2-3 minutes discussing the above.



WATCH: A video on healthy eating!



<https://www.youtube.com/watch?v=mMHVEFWNLMc>

Did you know...

- We need food and water just like a car needs fuel!
- Without our food we have no energy and like a car without fuel we wouldn't be able to move.
- Providing the car with the right fuel enables it to move effectively and means it can take us from place to place, just like our bodies.



Group Discussion: What is a balanced diet?



In a group spend 2-3 minutes discussing what a balanced diet means.



Don't Focus On How
Much You Eat...
Focus On What You
Eat!

Food Groups

Eating a balanced diet means that you eat the right amount of food from the different food groups.

- Carbohydrates.
- Protein.
- Dairy products.
- Fats and sugars.
- Fruit and vegetables.



Group Activity: Knowing your food!

In small groups using the food groups below can you write some example foods you would expect to see in the following groups:

- Carbohydrates;
- Protein;
- Dairy products;
- Fats and sugars;
- Fruit and vegetables.

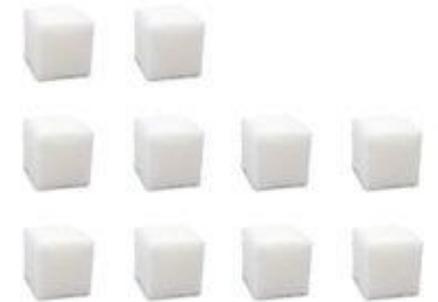
Ask different groups to showcase examples and provide feedback to the children.



Sugar! The good, bad and the ugly!

Some sugars are naturally occurring within **fruit, vegetables and milk**, these are **OK for our body** and don't count towards our daily intake.

But, **free sugars** (sugars that are added to food and drink to make them sweeter, i.e. coke or other fizzy drinks) are bad for us if we have too much of them.



10 cubes
(1 cube = 4g sugar)

There are guidelines in place for the amount of sugar children should be eating in a day...

- Children aged 4 to 6 years should have up to **5 sugar cubes per day.**
- Children aged 7 to 10 years should have up to **6 sugar cubes per day.**



Top tips to reduce your sugar...

As we know too much sugar can be bad for our bodies, so here are some ways to cut down...

- Instead of fizzy drinks or sugary squash have some water, sugar free or no added sugar drinks.
- Limit the amount of fruit juice you have in one day.
- If you like squash, try the sugar free/no added sugar range – it tastes the same!
- Eat wholegrain breakfast cereals, not sugary ones.
- Snack on fruit or vegetables rather than chocolate bars or biscuits.

Group Discussion: Hydration...

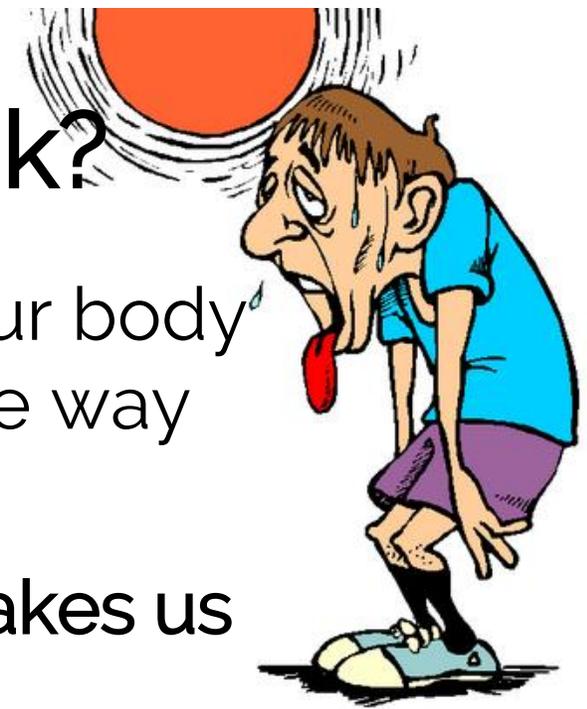


In a group spend 2-3 minutes discussing why our bodies need water and other drinks.

What happens if we don't drink?

Our body is made up of water and if our body loses too much water it can affect the way we feel. This is known as dehydration!

Below are a few examples of how it makes us feel... Can you think of any others?



Low energy levels

Cracked lips

Dark urine

Thirst

Dry mouth

Headaches

Poor concentration

So, how much water do we need?

The amount of water your body needs will vary, depending on your age and level of physical activity. There are guidelines that depend on your age...

- Under 8 years of age need 4-6 glasses per day.
- Over 8 years of age need 6-8 glasses per day.

This is a guideline and *you should not worry* about drinking more water than your recommended daily intake.

People can survive for up to
50 days without food, but
only a few days without
water...

Pairs Activity: Design your own food plate...

Ask pupils to create a healthy dinner using the plate template on the following slide (18). Encourage children to think about all the food groups and drinks when designing their plate.

As an extension give children the opportunity to design a meal specifically for someone who leads an active lifestyle and needs healthy food.

Example – Billy has Football at 5.30 pm every Tuesday so a light meal is best before he plays. What light meal ideas can you provide Billy?

Pairs Activity: Food template.

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Reflection:

- What 3 things have you learnt today?



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