

**14.6.21**

# **Eating Well and Being Active**

# The BIG Questions

What choices do we  
have about  
keeping our bodies  
and minds healthy?

What influences our choices  
about our bodies and our  
physical and mental health?

How can we decide if these are positive or negative influences?

Every day, we have choices to make that affect our health. When we are young, it is our parents' or carers' responsibility to keep us safe and healthy. As we grow up, we have to take more responsibility for ourselves.

It is up to us to make informed choices and do things that will have a positive impact on our physical and on our mental health.





We do not always make healthy choices in life. That's OK. After all, we're only human.

However, we do need to make healthy choices as often as we can in order to look after our bodies.

## Remember this saying: 'The Body is a Temple'

Sometimes, people say this to illustrate how much they respect and care for their own body.

For some, it has a religious meaning – that God has provided each person with a body and that this should be cared for and respected just like a religious place of worship.

For others, it means that the body is an important place where the mind, body and soul can be kept healthy and happy



All of these things can be harmful to our bodies.

salt

medicines

caffeine

protein

tobacco

sugar

alcohol

vitamins

fat

chemicals

bacteria

Tobacco is harmful to our bodies.

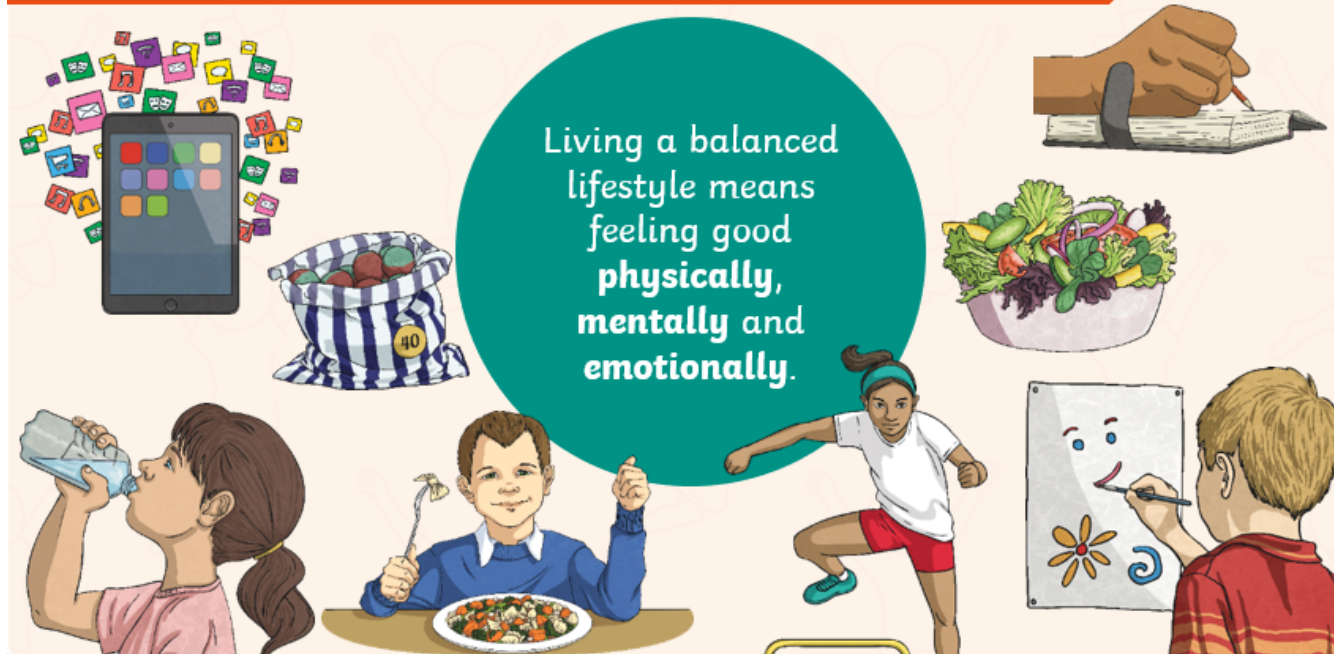


# A Balanced Lifestyle

What do you think a balanced lifestyle is?

If we want to look after our body, we need to have a **balanced lifestyle**.

This means living as healthily as possible but still having fun!





## **Balanced Lifestyle Choices**

Separate the different options with whether they are part of a healthy and balanced lifestyle or if this contribute to an unhealthy and unbalanced lifestyle.



## Healthy Lifestyle

## Unhealthy Lifestyle

Start the day with a  
healthy breakfast to  
increase your  
energy levels.



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