



Health Ideas

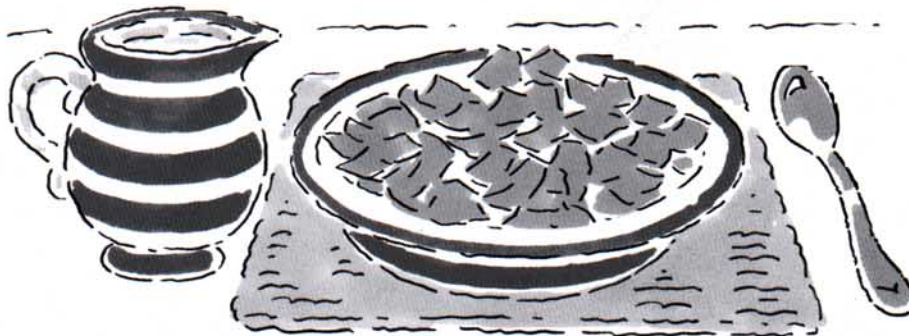
(Pupil use)

Prompt

Elin says "Think about the foods we should choose to help us grow and keep the body healthy and to give us energy. Make a list of what you eat today, what will you choose. Too much of the wrong thing... like biscuits for breakfast Blod! and you could make yourself fat."

The children could be asked to use the information they have gained to suggest suitable foods for different meals e.g. breakfast, lunch, tea, bedtime snack; and explain why each food is good for them (see Programme 1, card 4).

The programme goes on to show the family eating breakfast. In the breakfast scene the children follow nutrition guidelines (see Programme 1, card 5). They are seen mixing a low fibre breakfast cereal with one containing more fibre; they use polyunsaturated margarine and drink unsweetened fruit juice.



Links with *Curriculum Guidance 5: Health Education*

Links with National Curriculum subjects

Food & nutrition

- know that a diet is a combination of foods, each with a different nutrient content

Food & nutrition

- know that different effects on the body, and the amounts in the diet, and balance between them, can influence health...

Science Sc2

Health Ideas

Making our own decisions

In order to recognise personal responsibility for their health, the children could be asked to think about the following questions:

1 Whose job is it to keep me healthy?

Ask the children to work on their own to list all the people whose job it is to keep children healthy. The answers could include parents, health professionals and self. Collect the class results and display on a chart.

2 How can I help myself to be healthy?

Ask the children to list all the things that they can do to keep themselves healthy. Their suggestions could cover all areas of health e.g. cleaning teeth, not smoking. Ask them to put their suggestions into two columns:

Things that I can do for myself	Things that I need help with

Invite the children to talk about their lists, and to suggest how they could help the other people who are involved in keeping them healthy.

Activity modified from *Health for Life 1*.

Links with Curriculum Guidance 5: Health Education		Links with National Curriculum subjects
<p>Substance use & misuse</p> <ul style="list-style-type: none"> know how to make simple choices and exercise basic techniques for resisting pressure from friends and others 	<p>Psychological aspects</p> <ul style="list-style-type: none"> understand that actions have consequences for oneself and others 	<p>Science Sc2 Maths Ma1</p>