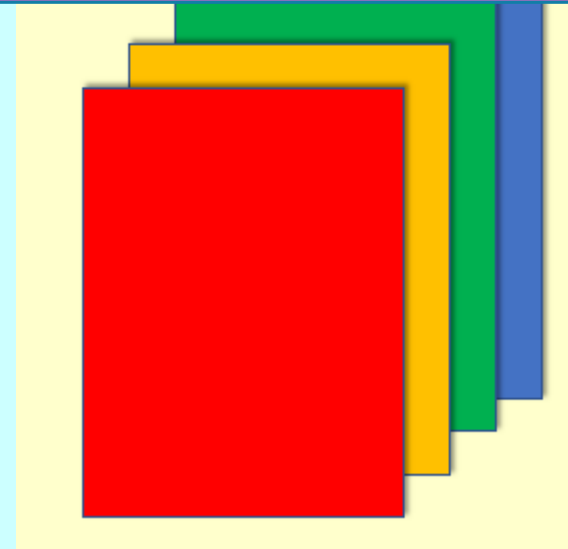


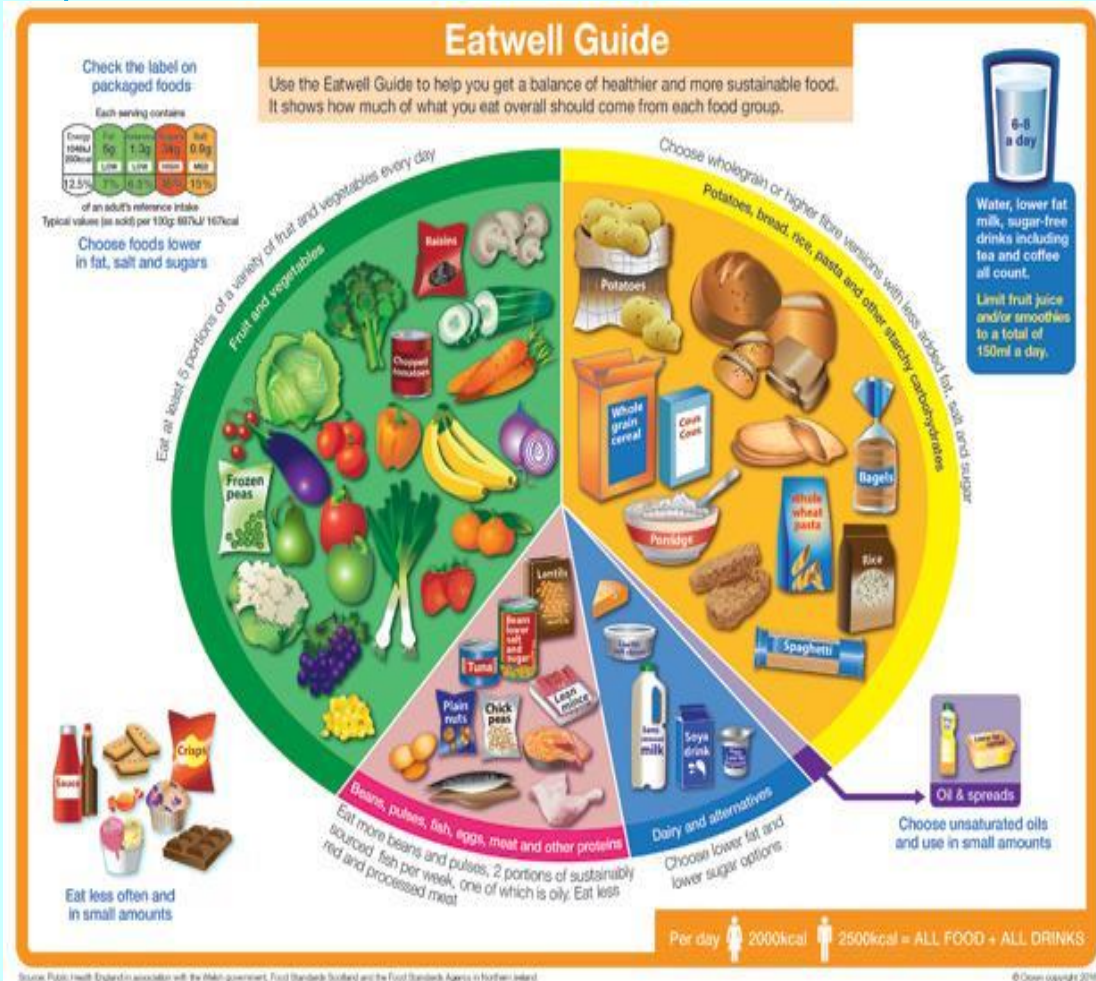
# What knowledge of Healthy Eating and Lifestyles do we have?

Planners on desks at all times

Open at the appropriate colour – amber if there is no task displayed



# What knowledge of Healthy Eating and Lifestyles do we have?



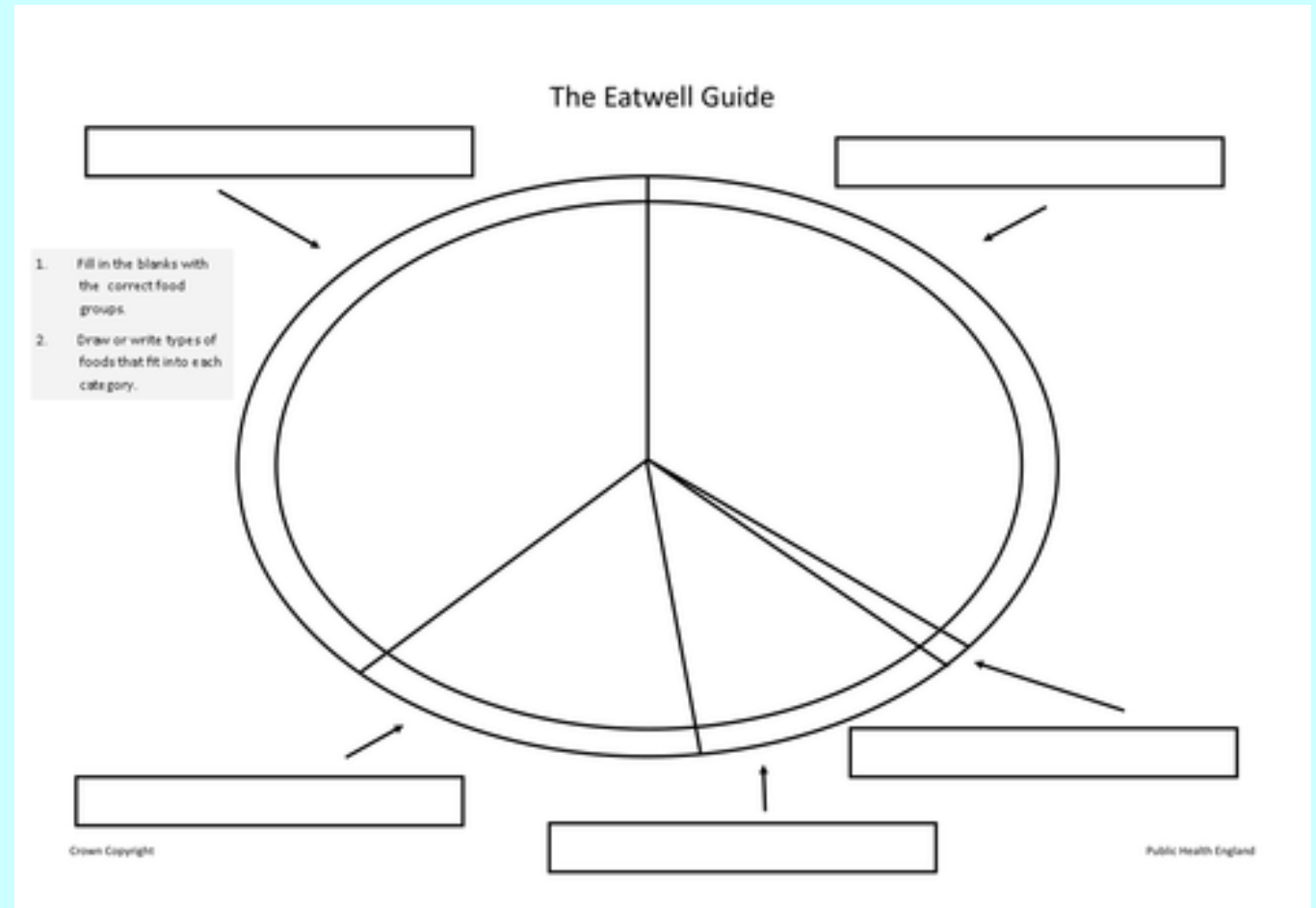
Carbohydrates give you lots of slow release energy. Which athletes/sports people would need to eat the most carbohydrates?

Protein is needed to repair and build muscles. Which sportsman should eat lots of Protein in their diet?

Source: Public Health England in association with the MHG government, Food Standards Scotland and the Food Standards Agency in Northern Ireland. © Crown copyright 2016

# What knowledge of Healthy Eating and Lifestyles do we have?

Complete the plate below  
with a balanced meal of  
your choice.



# What knowledge of Healthy Eating and Lifestyles do we have?

What is a 'Healthy Lifestyle'?

Give examples of things to include in a Healthy Lifestyle






















What is the recommended amount of time to exercise per day?



# What knowledge of Healthy Eating and Lifestyles do we have?


## COPING TOOLS: What Helps Me

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<input type="checkbox"/> Read A Book or Magazine 	<input type="checkbox"/> Ride a Bike or Skateboard 
<input type="checkbox"/> Hug or Climb a Tree 	<input type="checkbox"/> Create Origami 
<input type="checkbox"/> Journal or Write a Letter 	<input type="checkbox"/> Cook or Bake 
<input type="checkbox"/> Use Kind & Compassionate Self-Talk 	<input type="checkbox"/> Ask for Help 
<input type="checkbox"/> Make a Collage or Scrapbook 	<input type="checkbox"/> Talk to Someone You Trust 
<input type="checkbox"/> Rest, Nap or Take a Break 	<input type="checkbox"/> Weave, Knit or Crochet 
<input type="checkbox"/> Go on a Hike, Walk or Run 	<input type="checkbox"/> Build Something 
<input type="checkbox"/> Take Good Care of the Earth 	<input type="checkbox"/> Get a Hug 
<input type="checkbox"/> Drink Water 	<input type="checkbox"/> Visualize a Peaceful Place 
<input type="checkbox"/> Play a Board Game 	<input type="checkbox"/> Stretch 
<input type="checkbox"/> Do Something Kind 	<input type="checkbox"/> Make Art 
<input type="checkbox"/> Make and Play with Slime 	<input type="checkbox"/> Use Positive Affirmations 
<input type="checkbox"/> Discover Treasures in Nature 	<input type="checkbox"/> Take Slow, Mindful Breaths 
<input type="checkbox"/> Take a Shower or Bath 	<input type="checkbox"/> Clean, Declutter or Organize 
<input type="checkbox"/> Exercise 	<input type="checkbox"/> Use Aromatherapy 
<input type="checkbox"/> Drink a Warm Cup of Tea 	<input type="checkbox"/> Cry 
<input type="checkbox"/> Forgive, Let Go, Move On 	<input type="checkbox"/> Try or Learn Something New 
<input type="checkbox"/> Practice Yoga 	<input type="checkbox"/> Listen to Music 
<input type="checkbox"/> Garden or Do Yardwork 	<input type="checkbox"/> Use a Stress Ball or Other Fidget 
<input type="checkbox"/> Jump on a Trampoline 	<input type="checkbox"/> Get Plenty of Sleep 
<input type="checkbox"/> Cuddle or Play with Your Pet 	<input type="checkbox"/> Kick, Bounce or Throw a Ball 
<input type="checkbox"/> Practice Gratitude 	<input type="checkbox"/> Take or Look at Photographs 
<input type="checkbox"/> Do a Puzzle 	<input type="checkbox"/> Eat Healthy 
<input type="checkbox"/> Blow Bubbles 	<input type="checkbox"/> Play Outside 
<input type="checkbox"/> Smile and Laugh 	<input type="checkbox"/> Sing and/or Dance 

Using the coping tools –  
Design a poster on Healthy  
Lifestyles. Be Creative and  
include pictures, information  
and sports/games.

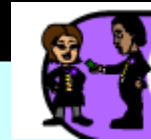
# What knowledge of Healthy Eating and Lifestyle do we have?




Active Listen




Leader of Learning




Question and swap




Teacher attention




Become a coach




Move and synergise




Show the leader




Expert Examiners




Big Question




Outfox the Class




Speak for my team




Turned discussion




Buzz and Go



Pair and Swap



Sign the Sheet




Work through me




Four Times Better




Peer PIN



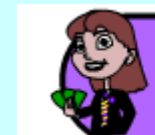
Targeted Interview




Transferable Skills




Gather and Share



Pick a card



Teacher attention



Mentor then swap

# What knowledge of Healthy Eating and Lifestyles do we have?

