

Year 5 Merlins

Life Skills

Spring 2

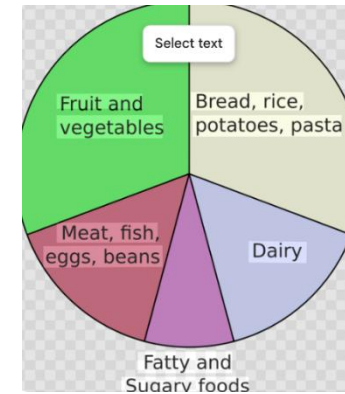
Eat Well, Live Well

What do we need to live a healthy lifestyle?

What is a balanced lifestyle?

This means eating a balanced diet, getting regular exercise, avoiding tobacco and drugs and getting plenty of rest. An unbalanced diet can lead to dietary related illnesses.

Eat Well Guide



8 tips for healthier eating

These eight practical tips cover the basics of healthy eating, and can help you make healthier choices.

1. Base your meals on starchy carbohydrates.
2. Eat lots of fruit and veg.
3. Eat more fish – including a portion of oily fish.
4. Cut down on saturated fat and sugar.
5. Eat less salt (max. 6g a day for adults).
6. Get active and be a healthy weight.
7. Don't get thirsty.
8. Don't skip breakfast.

Key Vocabulary	Definition
active	Engaging or ready to engage in physically energetic activity.
balance	Different elements are equal or in the correct amounts.
core	The central part of your body. It includes your pelvis, lower back, hips and stomach.
diet	The kinds of food that a person, animal, or community usually eats.
duped	To be deceived or tricked.
endorphins	Natural chemicals produced in the body to reduce pain and boost happiness.
hygiene	The way we care for our bodies.
leisure	Another word for free time.
lifestyle	Doing things, living your life and making decisions in your own unique way.
manipulate	To alter or adjust to one's own advantage, especially by devious means.
media	Different ways that information can be passed to many people in a society, including television and radio broadcasts, articles in newspapers, internet, apps.
nutrition	The study of food and how it works in your body.
oral	Relates to the mouth.
priorities	Interests that come before all others.
repetition	One complete movement of a particular exercise.
routine	Series of exercises, planned and organised.
sedentary	Doing very little physical movement.

Activity Recommendations for a healthy lifestyle

Pre-schoolers (3 to 4 years): 180 minutes (3 hours) spread throughout the day, including at least 60 minutes of moderate-to-vigorous intensity physical activity.

Children and young people (5-18 years): at least 60 minutes of physical activity every day and engage in a variety of types and intensities of physical activity across the week.

Adults (19-64 years): at least 150 minutes each week (moderate intensity), or 75 minutes of vigorous activity a week and muscle strengthening activities on two

Inactivity

The amount of time being sedentary should be reduced. Over time, sedentary behaviours can lead to weight gain and obesity, which can increase the risk of developing chronic diseases in adulthood.