**THE WELLBEING CURRICULUM: KNOWLEDGE ORGANISERS**

**CHAPTER 3 HEALTHY LIFESTYLE CHOICES: FOOD & EXERCISE**

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| **Key vocabulary****Healthy diet**: a ‘healthy’ diet is balanced in terms of the main food groups and is adequate for the needs of the individual.**Protein**: protein builds muscle and is found in meat, fish, eggs, dairy, vegetables, nuts and seeds.**Carbohydrate**: starches and sugars which break down into glucose for energy: bread, pasta, rice and potatoes are good sources.**Fats**: we need a certain amount of fats for lining our cells and for healthy growth; oils, butter, and eggs are reliable sources.**Nutrients**: nutrients are the parts of our foods that benefit us which include vitamins as well as protein, carbohydrate, and fats.**Exercise**: exercise is an activity requiring some amount of physical effort to improve health and fitness. |
| **A balanced diet?**How ‘balanced’ your diet is depends on your age, gender, and physical activity. Marathon runners consume a lot of carbohydrates before races, so they have sufficient energy. * Is a plate of meat on its own balanced?
* How about if you only ate bread?

Rather than a healthy plate for one meal, think about a whole week of meals.Does balance mean cutting out sweets and chocolate? No, it doesn’t, but we should always think about ‘treats’ and how often we have them. Sweets and biscuits should not be a substitute for a meal. | **Seasonality** Do you know when the fruit and vegetables you eat grow?Seasonality means eating these at the time they should grow when they are fresh and not preserved.We can eat strawberries at any time but grow your own and you will find they are ripe for about six weeks in the summer.Pumpkins are great at Halloween, but have you tried eating them? They are at their best in the autumn.Investigate what is in season each month as part of your homework. |
| **“I don’t like this!”** “I don’t like aubergines!” “I hate beetroot!” “Chicken makes me gag!”Nobody says, “I don’t like chocolate,” do they? When children say that they do not like something, it is often because they have not had it before or are put off by the look, feel or smell of it. Also, as we grow our palettes change which means the way we taste things changes. Raw fish might put you off, but have you tried sushi? Ingredients such as snails are often used in European cooking. You like chips, but did you know that your potatoes grow in the dirt, surrounded by worms!Are you brave enough to try something new? Have a go. You might just be surprised. |
| **Healthy packed lunches**If you have a school dinner, your cook must ensure the meal is balanced and healthy. If you eat a packed lunch, that responsibility lies with parents and carers. If you conduct a packed lunch survey, ask your teacher to help organise the questions, so not to embarrass anyone.Can you create a ‘model’ packed lunch according to your school rules? Instead of concentrating on what should not be there, think about what could be there. What could the drink be? What could be in the sandwich? What fruit is in season right now?Being even more helpful, why not investigate costs using a supermarket website. Is a prepared sandwich cheaper than one made at home? | **Vegetarians and vegans**Some people are vegetarian and vegan for varied reasons. It may be because of their faith or culture. They may choose this for health reasons, such as allergies. Or they may have decided to do so because they do not believe animals should be eaten.Vegetarians do not eat meat or fish but do eat cheese and eggs and drink milk. There are meat substitute items they can eat, such as vegetarian sausages. Vegans do not eat any animal products. They might drink soya milk or eat egg substitute.Vegetarians and vegans don’t live on vegetables alone. They eat pulses and grains which are useful sources of nutrients. Lentils are delicious and reasonably priced. If you want to make this choice, speak to your parents. |
| **The benefits of physical exercise**Exercise does not mean being good at PE! We can all enjoy our PE lessons though.Exercise promotes the growth of brain cells, improving concentration and memory.It strengthens the heart and lungs, increases oxygen intake, and helps muscle growth.Exercise reduces the risk of illness and disease, of weight gain and high cholesterol.It strengthens muscles and bones and promotes healthy sleep.Exercise impacts positively on mental health by releasing endorphins and dopamine, known sometimes as ‘the happiness hormones. |
| **The Daily Mile** Many schools have a Daily Mile marked on the playground. You might run it before school or at break or lunchtime play. Having a run each day for a few minutes gives you some of the benefits mentioned in the box above. It is also a time to be sociable and have fun with your friends, other children, teachers and teaching assistants; yes they can do the mile too! |
| **Your own games**Do you like to invent your own games? If you have a space and a ball or and any number of people, you can create a game and share it with other children.Games like Kingball were invented by children. Agreeing your own rules is a terrific way to have fun and work together. | **PE at playtimes?**Why not put one or two playtimes to use some of your PE skills?A circuit of activities, running, bouncing a ball, relays and balancing.You may not realise that you are using PE skills, but you can enjoy time with friends too, while making a healthy life choice. |