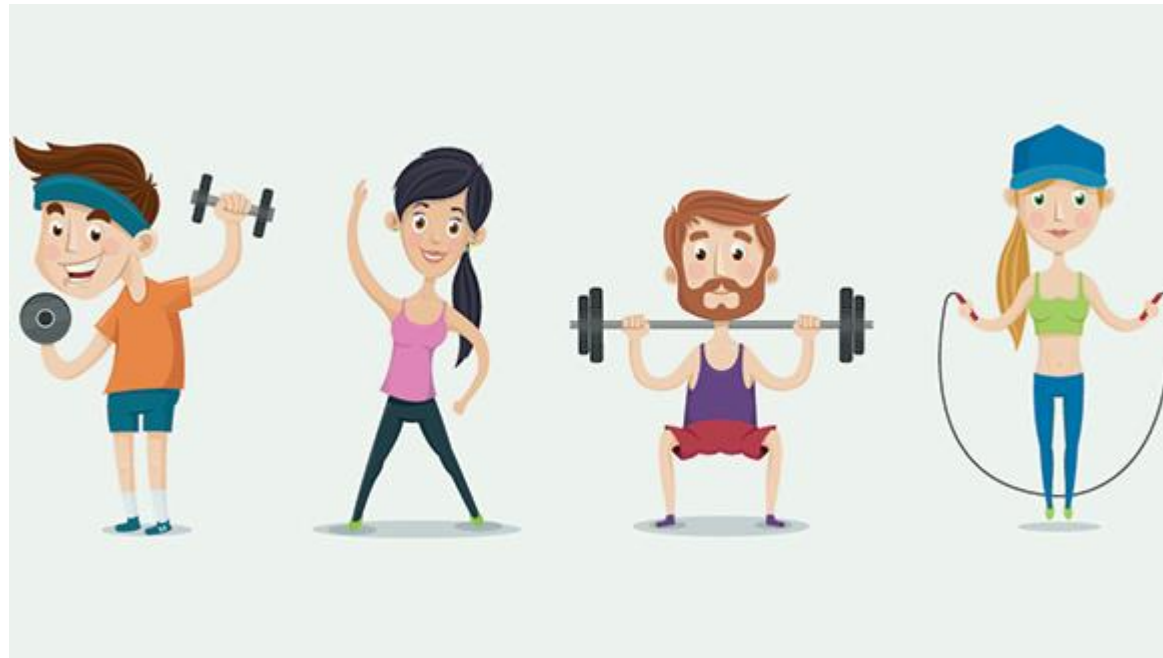




LIFE SKILLS

KS4



Healthy Lifestyles (Adult supervision required, support may be needed).

- Healthy recipe one;
- Veggie and dip platter.



- **Step one;** Wash your hands with soap and warm water, get a chopping board, knife and your favourite raw vegetables such as; carrots, peppers, celery and cucumber.
- **Step two;** chop your vegetables into bite size sticks and place around the plate, leaving room in the middle for dip.
- **Step three;** place your favourite dip into the middle such as; hummus, pesto, salsa, mint yoghurt.

Healthy Lifestyles (Adult supervision required, support may be needed).

- Healthy recipe two;

- Fruit rainbow.



- **Step one;** Wash your hands with soap and warm water, get a chopping board, knife and your favourite fruits such as; strawberries, banana, orange.
- **Step two;** chop your fruits into bite size chunks and place around the plate in the shape of a rainbow. You could dip your fruit into a healthy yoghurt if you like!

Healthy Lifestyles (Adult supervision required, support may be needed).

- Recipe 3; Ham/chicken/tuna salad pitta;



- **Step one;** Wash your hands with soap and warm water, get a chopping board, knife and your favourite salad such as; lettuce, cucumber and tomatoes.
- **Step two;** chop your salad, open your pitta bread.
- **Step three;** Stuff your pitta with the chopped salad and a meat/fish of your choice. Add your favourite dressing such as low fat mayonnaise!

Healthy Lifestyles (Adult supervision required, support may be needed).

- Exercise ideas;
- One; Take a walk with a parent or carer in your local area keeping a safe distance between yourself and others.



- Want to challenge yourself? Why not walk as fast as you can or take it into a run/jog!
- Ensure you stay hydrated by drinking water! Wear the appropriate clothing for the weather and practice road safety.



Healthy Lifestyles (Adult supervision required, support may be needed).

- Exercise ideas;
- At home indoor or garden circuit.
- Skipping, press ups, sit ups, marching/jogging on spot, jumping, the plank, hoola hoop, squats. Try each activity for a minute.
- Want to challenge yourself? Why not repeat the circuit a few times!
- Ensure you stay hydrated by drinking water!

- Not appropriate for you? Try a sensory circuit!
- Blow bubbles, throw and catch, explore different materials such as grass with your feet and hands.



Healthy Lifestyles (Adult supervision required, support may be needed).

- Exercise ideas;

- Use equipment you have!

- Take a bike ride.

- Bounce on a trampoline.

- Play football.

- Throw and catch.

- Frisbee.

- Tennis/badminton

