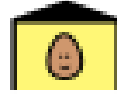
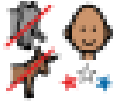


Life skills

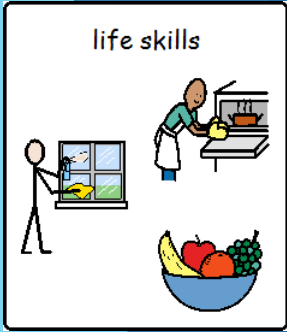
Independent Living



Topic: Independent Living

life skills





LO: To identify healthy food



LO: To do a healthy activity

Keeping healthy:

To keep healthy we need to:

- ▶ Eat and drink healthy food.
- ▶ Keep active

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day



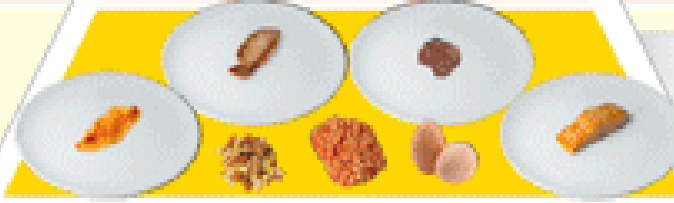
Maximum once or twice a week

Fats, spreads and oils



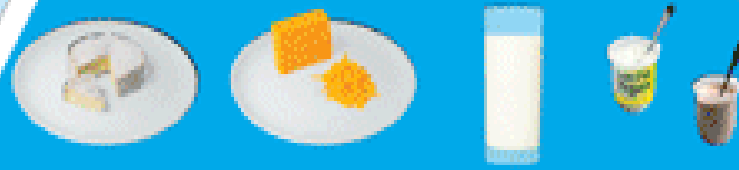
In very small amounts

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18

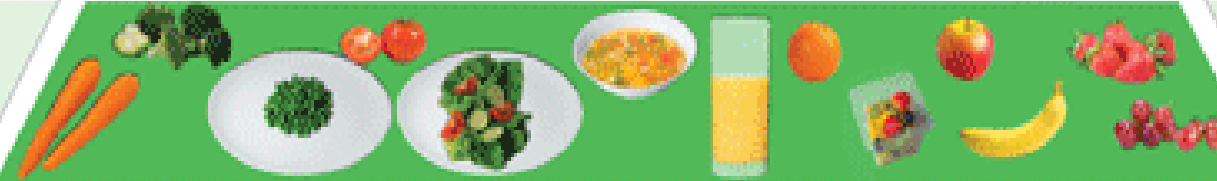
Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

Up to 7* for teenage boys and men age 19-50

Vegetables, salad and fruit



5-7 Servings a day

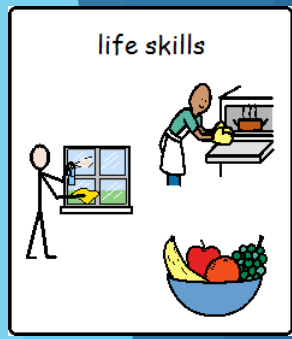
Needed for good health. Enjoy a variety every day.

For adults, teenagers and children aged five and over

life skills



What are healthy foods?



Name 3 fruit and vegetables:

- ▶
- ▶
- ▶

Name 3 proteins:

- ▶
- ▶
- ▶

Name 3 dairy foods:

- ▶
- ▶
- ▶

What activities could you do to keep healthy?

Name three activities you could do at home to keep healthy:

- ▶
- ▶
- ▶

Exercise ideas:

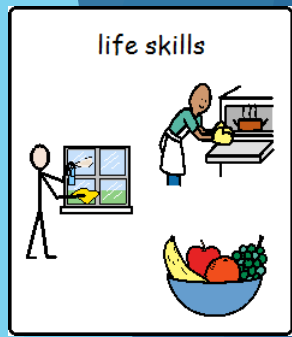


<https://www.youtube.com/watch?v=X655B4ISakg>

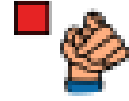
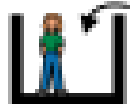
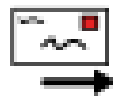
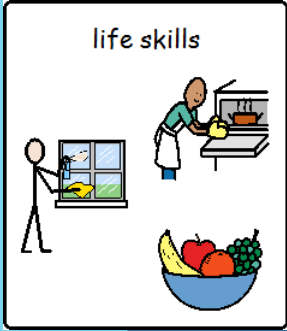


https://www.youtube.com/watch?v=L_A_HjHZxfl

Make a food and exercise diary:



	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday	 Saturday	 Sunday
 Breakfast							
 Lunch							
 Teatime							
 Snack							
 Exercise							



Don` t forget to send in your work and pictures