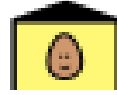
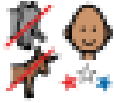


# Life skills

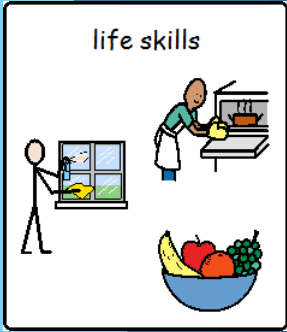
Independent Living



# Topic: Independent Living

life skills



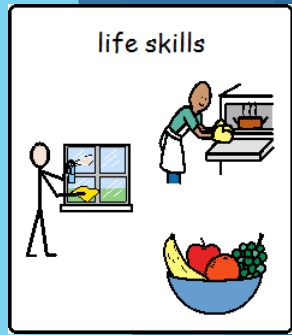
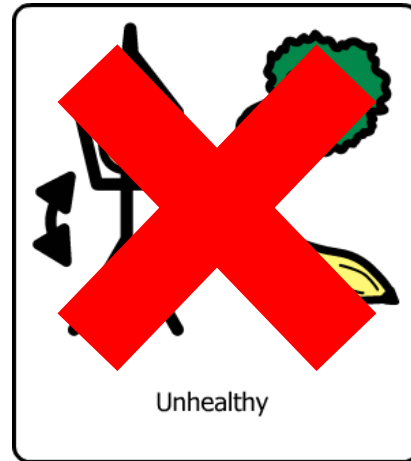
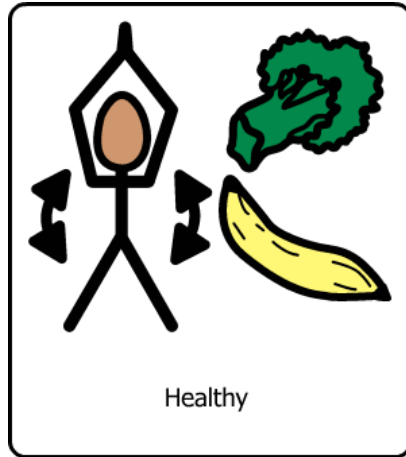


LO: To identify healthy food



LO: To do a healthy activity

# Key words:





Choose the healthy option



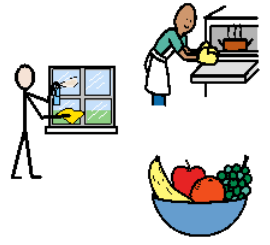
life skills





Choose the healthy option

life skills

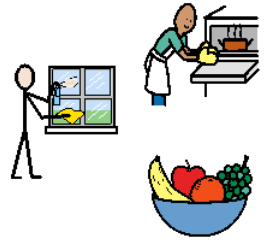




Choose the healthy option

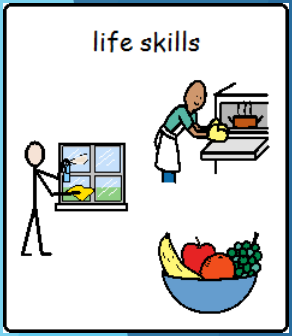


life skills





Choose the healthy option



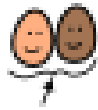




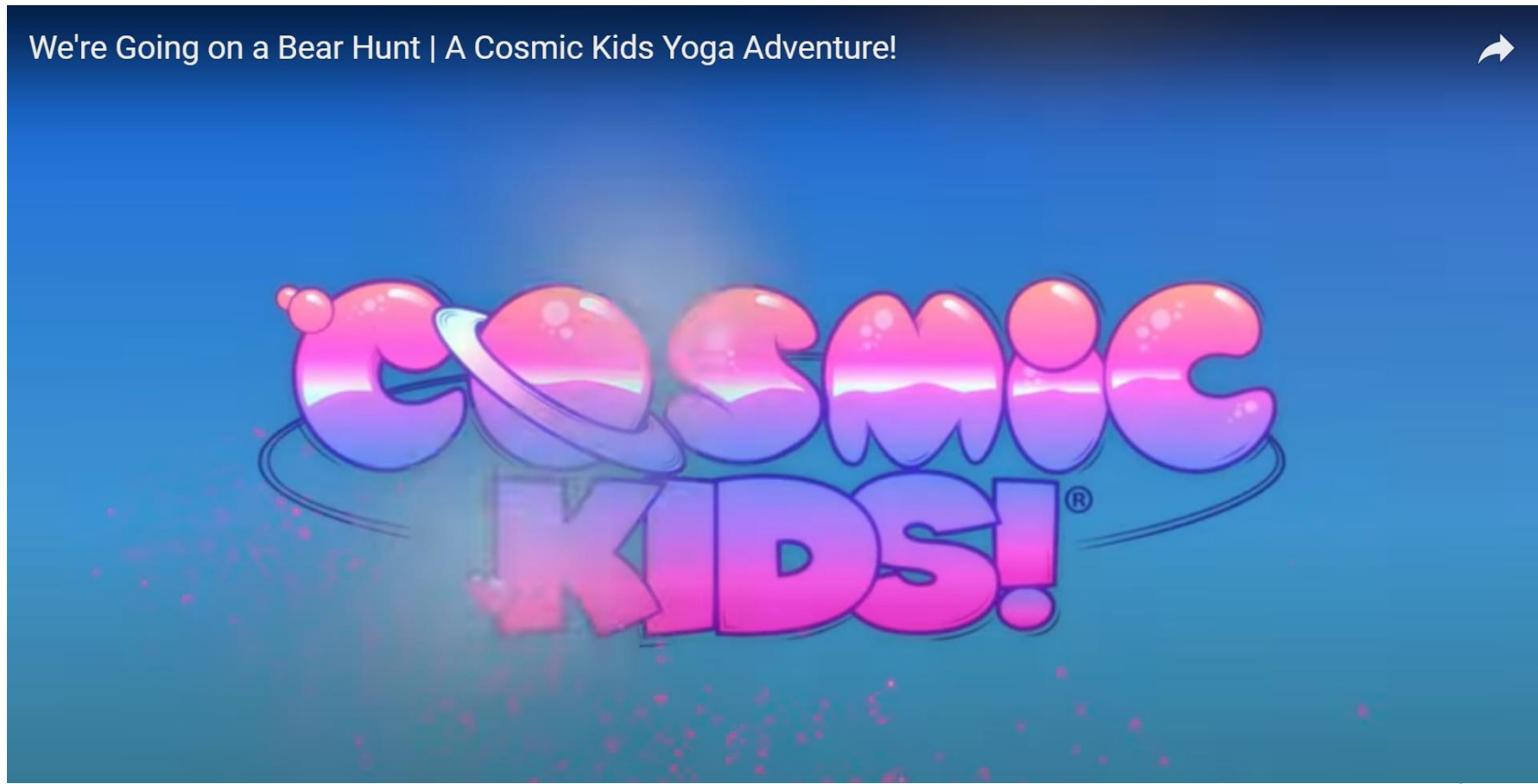
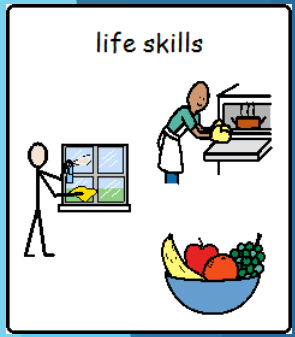
Choose the healthy option

life skills





To be healthy we need to eat healthy and exercise



<https://www.youtube.com/watch?v=KAT5NiWHFIU>

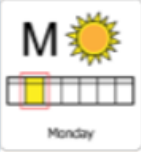


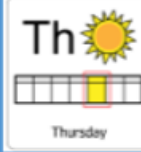
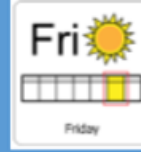









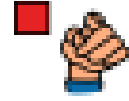
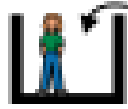
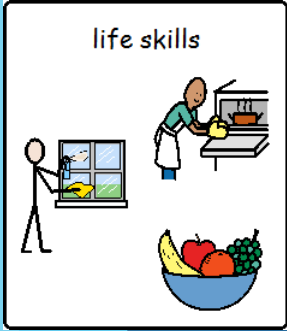





# Make a food and exercise diary



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



Don` t forget to send in your work and pictures