

Healthy Bodies

Learning Objective:

To evaluate what we can do to keep our bodies healthy.



What do we have
to do to keep our
bodies working
well?

Think back to everything
you have learnt over the
last few lessons...

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Did you think of these things...?

- ★ Eating a balanced diet, including foods from a variety of food groups
- ★ Avoiding foods that are high in fats and sugars
- ★ Exercising regularly
- ★ Doing a variety of different types of exercise to make sure the whole body gets a workout
- ★ Making sure you do not take more than the recommended dosage for medicines
- ★ Not smoking, drinking too much or taking other drugs

What advice would you give to Pam to make her lifestyle healthier?



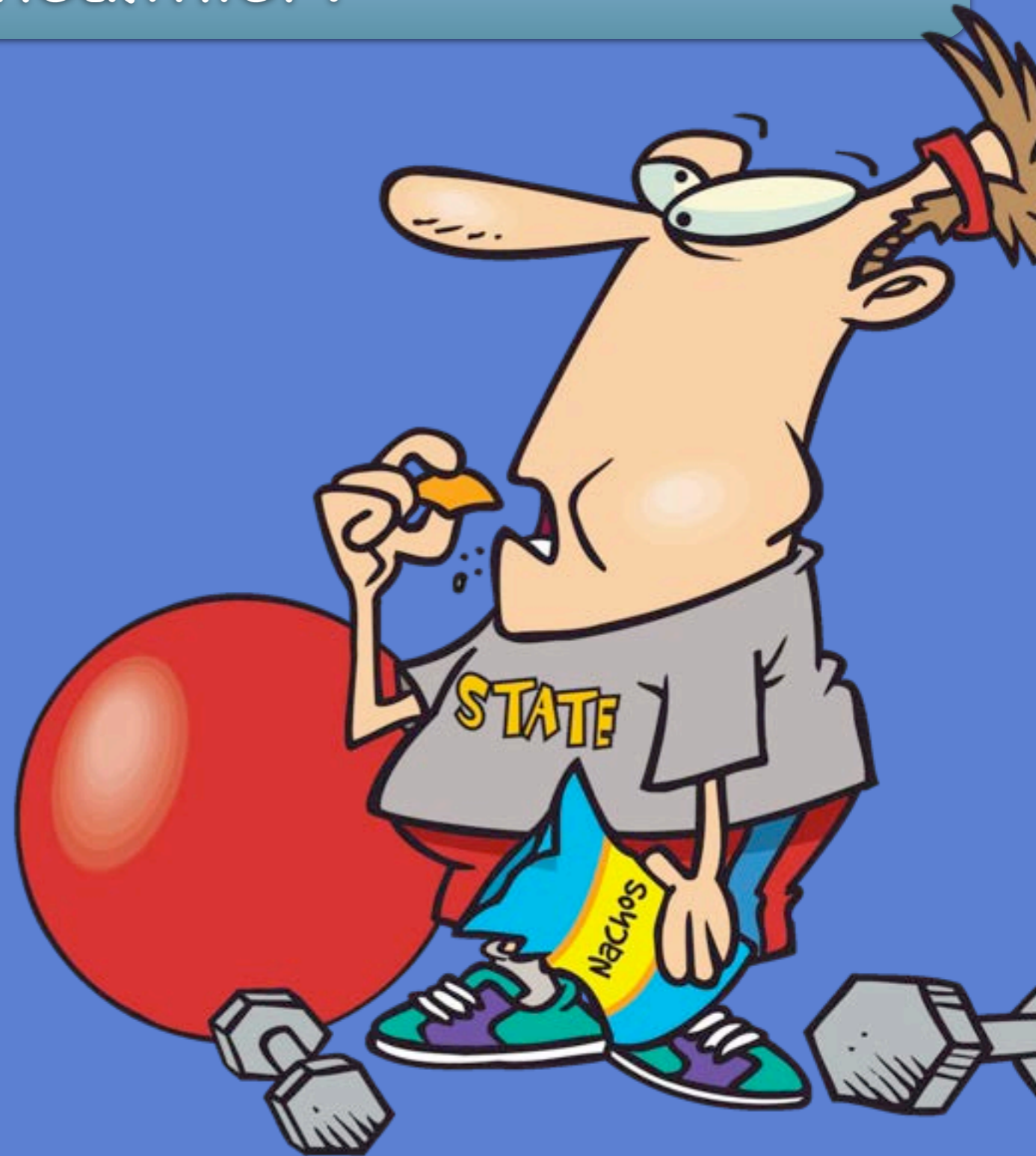
Pam has a busy office job. She eats cereal for breakfast with a cup of tea. She often doesn't have time for lunch so just drinks lots of coffee during the day to keep her going. After work, she walks home and has a very big meal because she is so hungry.

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What advice would you give to Mike to make his lifestyle healthier?

Mike knows how important exercise is so he goes to the gym three times a week. He lift weights, goes on the running machine and does some stretching. After he has been to the gym, he thinks he deserves a little treat for working so hard so he has crisps or chocolate, and usually a take-away for dinner.



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What advice would you give to Owen to make his lifestyle healthier?



Owen knows he needs to lose weight but he finds exercising difficult because he smokes a lot. To try and lose weight, he goes on diets where he eats very little. They never last long though and he ends up eating more because he gets fed up.

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