



# Knowledge Organiser

## What does it mean to have a healthy lifestyle?

### A Healthy Lifestyle includes the following:

- Get enough sleep
- Eat a healthy and balanced diet
- Be physically active
- Maintain a healthy body weight
- Be mindful about food portions

### Balanced diet

A healthy diet for children should include a variety of foods, to include:

Proteins - seafood, lean meat and poultry, eggs, beans, peas, soy products, and unsalted nuts and seeds.

Fruit and vegetables – a variety of fresh, canned, frozen or dried fruits — rather than fruit juice. Vegetables at every meal.

Healthy fats - snacks such as low-fat yogurt, peanut butter and celery, or whole-grain crackers and cheese.

### Physical health

Children and young people aged 5 to 18 should:

have at least 60 minutes of moderate or vigorous intensity physical activity a day across the week

Try different types of and intensities of physical activity to develop movement skills, muscles and bones.

Try to reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day

### Mental health

To know which adults to speak to when

To name key adults in our support network when we have issues or problems.

To know how to support our friends in a safe manner and when to speak to adults.

To know how to seek help if they are worried about a relationship with a friend or family member

### Vocabulary Tier 2

- Support
- Trust
- Mental health
- Muscles
- Bones



### Vocabulary Tier 3

- Support network
- Health
- Physical activity
- Proteins

