














Animals Including Humans: Healthy Lifestyle

Aim: To recognise the impact of diet and exercise on the way their bodies function by describing the effects of a healthy lifestyle. I can describe how diet and exercise impact on human bodies.	Success Criteria: I can identify what a healthy lifestyle consists of. I can describe the impact of diet and exercise on the human body.	Resources: Lesson Pack Relevant topic books Laptops/computers/tablets for internet research
	Key/New Words: Healthy, lifestyle, diet, exercise, nutrition, nutrients, food, water, cells, body, human, organs, vitamins, minerals, protein, fats, carbohydrates, water, fibre.	Preparation: Diet and Exercise Information Text Planning Activity Sheet - 1 per child Healthy Lifestyle Brochure Template - as required Healthy Lifestyle Information Text Activity Sheet - as required Healthy Lifestyle Poster Activity Sheet - as required

Prior Learning: Children will have learnt about different types of nutrients in lesson 3.

Learning Sequence

	Healthy Lifestyle: Show children a variety of images on the Lesson Presentation regarding lifestyles. Which of these are necessary for a healthy lifestyle? Which are bad for your health? Children to sort out the pictures in a Venn Diagram and explain the reason for their choices.	
	How to Have a Healthy Lifestyle: Read through the information on the next 5 slides of the Lesson Presentation while children take notes on the differentiated Diet and Exercise Information Text Planning Activity Sheets .	
	Impact of Diet and Exercise: Research: Children to research the impact of diet and exercise on the body using relevant topic books and the internet. Children record notes on the differentiated Diet and Exercise Information Text Planning Activity Sheets .	
	The Impact of Diet and Exercise: Activity: Children use their notes to write poster, an information text or a brochure describing the importance of a healthy lifestyle. Assess children on their ability to describe and explain the impact of healthy eating and exercise. <div>  Children to create a Healthy Lifestyle Poster using the Healthy Lifestyle Poster Activity Sheet.  Children to write two paragraphs detailing the impact of diet and exercise on the human body using the Healthy Lifestyle Information Text Activity Sheet.  Children to create a brochure about healthy eating using the Healthy Lifestyle Brochure Template. </div>	
	Compare: Arrange children in groups of three to compare a poster, an information text, and a brochure. In these groups, children discuss the benefits of each of these texts as a medium to share information about healthy lifestyles.	

Taskit

Diaryit: Children keep an exercise diary for a week using the [Healthy Lifestyle: Exercise Diary](#).

Researchit: Children research what constitutes a healthy lifestyle for their pet or favourite animal and record it on the [Healthy Lifestyle for Animals Activity Sheet](#).

Playit: Explore [these games](#) and activities about healthy diet and exercise.