

PSHE

Healthy mind, healthy body

Session 1

Q: Can you make healthy choices about food and drink?

- It is important to eat and drink healthily
- Some foods are ok to eat everyday and some we should only have as treats

How Often?

One of these foods is a treat. One of them is a healthy, everyday food.

Which is a treat and which is healthy?

Why do you think this?

The worksheet is divided into two panels. The left panel shows a girl with curly hair, wearing a red shirt and blue overalls, sitting at a table with a banana in front of her. The right panel shows a large pizza with pepperoni toppings. A small icon of two children's faces is in the top right corner.

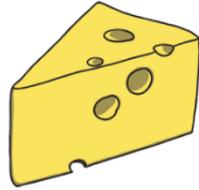
Guess the Healthy Foods!



Draw a table with the headings 'healthy snacks and unhealthy snacks,' then draw or stick these pictures where you think they should go.



crisps



cheese



cake

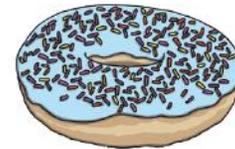


fizzy juice

If there are any that you do not agree about, or if you are unsure, leave them in the middle.



sandwich



doughnut



milk



sweets



apple



carrot sticks

Remember — treat foods are high in fat, sugar or salt.

Session 2

Q: Can you recognise things you enjoy?

- Use the headings 'Things I've enjoyed being at home' and 'What I am looking forward to most' on paper. Then draw and/or list all of the positive experiences you have had over the last few weeks and those to come.

Here are some of my ideas:

Things I've enjoyed being at home	What I am looking forward to most
Spending more time with family Staying in my pyjamas for a whole day	Having a roast dinner with my cousins Going to the beach

