Name:	Form:

Personal Development

Year 7

Spring Term 1:

Health and Well-being:

Healthy Options

Ground rules

1

2

3

4

5

6

7

8

Date:

Lesson 1: Making choices about diet and exercise

On a scale of 1-5 **circle** how much you know about making healthier choices.

1	2	3	4	5
I know nothing about making healthier choices.		I know some bits about making healthier choices.		I know lots about making healthier choices.

Complete the mind map below, writing down everything you know or believe in relation to the questions:

- What does 'healthier' mean?
- What might make someone more or less 'healthy'? What choices might they make?
- How does someone know if they are making 'healthier' choices or not?

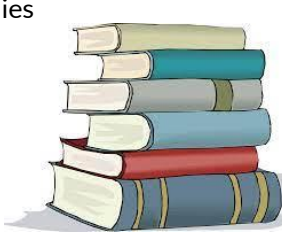
What does a 'healthier lifestyle' look like?

Resource 1

Scale of influence

On your influential gauge, sort the influence cards along the line to show **how influential is each element likely to be on your diet and exercise choices?** *(You only need to add the number that the influence card has.)*

Not influential — Very influential

Religion and ethical values 1	Stereotypes, for example gender stereotypes about exercise 2	Advertising, for example on TV, online, in magazines etc. 3
Government guidelines and advice, for example from the NHS, Public Health England 4	Social media, for example influencers, viral posts 5	Friends and peers 6
Celebrities, for example endorsements, food or exercise routines 7	Family and culture 8	Role models, for example athletes 9
Scientific research/published studies  10	Media, for example reports in the News 11	School/teachers Thomas Middlecott Academy ★★★★★ Broadening Horizons 12

Resource 2

Have we got our facts straight?

Complete the quiz about facts related to diet and exercise. For each question, note down if you think the answer is 'yes', 'no' or whether 'it depends' (try to use this one least of all).

1. Does everyone need to eat a minimum of ten pieces of fruit a day?
2. Does reducing the amount of highly processed meat someone eats benefit their health? (Processed meat includes sausages, bacon, ham etc. - meat that has been preserved by smoking, curing, salting or adding preservatives).
3. If everyone followed the same healthy, balanced diet, would they all be the same shape and size?
4. Are diet drinks better for someone's health than drinking non-diet versions?
5. Does everyone need to take daily vitamin and mineral supplements to be healthy?
6. Are protein shakes the best way to build muscles?
7. Should people eat three meals a day?
8. Do low-fat products often contain sugar or artificial sweeteners?
9. Are all processed foods unhealthy?
10. Should everyone walk 10,000 steps a day?
11. Do someone's diet and exercise choices affect their mood and the way they feel?

Circle on the scale of 1-5 how much you **now** know about making healthier choices.

1	2	3	4	5
I know nothing about making healthier choices.		I know some bits about making healthier choices.		I know lots about making healthier choices.

Further support: need help or guidance?

- Speak to a tutor, Head of Year, Year Manager or other trusted adult at TMA.
- Speak to another trusted adult or health professional outside of school.
- Contact Childline www.childline.org.uk 0800 1111
- Visit NHS Live Well: www.nhs.uk/live-well

Homework Activity

Either:

Create your own 'healthier lifestyles' fact sheet, including 5-10 facts about maintaining a healthier lifestyle.

Or:

Try something different with your food and exercise choices this week and report back how it goes, e.g. could you try a new vegetable? Or a new exercise? Could you drink less sugary drinks and more water?

Date:

Lesson 2: Maintaining Physical Health

On a scale of 1-5 **circle** how much you know about maintaining your physical health.

1	2	3	4	5
I know nothing about maintaining physical health.		I know some bits about maintaining physical health.		I know lots about maintaining physical health.

Resource 1

Forum post

I keep seeing posts online about what you're meant to eat to stay healthy, and posts of workout videos and gym selfies. I don't really do much exercise and I've never thought much about food before – my parents do all the cooking at home. My friends aren't part of any sports teams or anything either, and we all eat fast food when we hang out together, so it's not just me! I'm getting a bit worried though – should I be doing more to stay healthy or improve my physical health? I'm only 13 so does it really even matter?! I always thought staying healthy only really mattered when you got older.

How does this young person make choices about what activity they do and what food they eat? What influences them?

What might some of the benefits of maintaining physical health now and/or in the future be?

What might prevent them from maintaining a healthier lifestyle?

Where might someone go to find out reliable information on how to maintain physical health, or make changes to their diet or exercise routine?

Resource 2

Talking Heads

1. I always try to exercise early in the morning – then it's done for the day and I feel like I have more energy afterwards too. None of my friends ever want to do anything with me that early though – they won't even load a workout video on their phone to follow along to! But I'm more of a 'morning person'... and to be honest, I like doing it alone. It gives me a chance to think about things and work off any stress I'm feeling.

2. This year we've been trying to shop locally. We saw a TV programme about the importance of supporting local businesses and how it's also good because you know where the food has all come from. So, Dad has been going to the butcher's and bakery for meat and bread, rather than supermarkets ... but I've heard him and my step-mum talking about our shopping bill increasing, and I'm not sure we're going to keep doing it every week now.

3. My favourite nights are the ones where my family get a takeaway and lots of snacky food in – crisps and chocolate and ice cream – and we lay it out on the table and all sit down together and talk about our days. Sometimes I wake up the next day with a bit of a stomach ache, and I feel tired and a bit 'yuck' too... but it's not like we do it every day, and we have such a great time, so I think it's definitely worth it.

4. A friend of mine is vegan and encouraged me to give up meat for a few weeks last year. I was worrying a bit about the environmental impact of eating meat and how some animals are treated, so I tried it. It made family meals a bit tricky, but I enjoyed trying different plant-based alternatives. Although I don't follow a strict vegetarian diet anymore, I do eat much less meat, and more vegetables, seeds, pulses and things now instead, which has made me feel healthier and better about my impact on the world.

5. I love going to my friend's house for dinner; his family eat so differently to mine. Their religion means that they don't eat certain foods, but his Mum cooks lots of recipes from the country she grew up in and every meal I've had there has been amazing! My family eat the same things all the time, so it's really nice to try something new.

6. I tend not to do workouts alone. I feel much happier and safer doing sports clubs at school. There's always help if I need it, or people to motivate me if I'm feeling a bit lazy. My brother can't stand team sports or doing exercise indoors...he says his mental health is much better when he's managed to get out in the fresh air alone, even if just for a walk, rather than doing something really active.

Diet and exercise choices

List as many reasons as you can as to why choices about diet and exercise vary from person to person. Use the talking heads above to support you in making your decisions.

Exercise choices	Diet choices

Now look at your teacher's notes and add anything extra in a different coloured pen/pencil.

Circle on the scale of 1-5 how much you **now** know about maintaining physical health.

1	2	3	4	5
I know nothing about maintaining physical health.		I know some bits about maintaining physical health.		I know lots about maintaining physical health.

Date:

Lesson 3 and 4: Overcoming Physical Health Barriers

On a scale of 1-5 **circle** how much you know about making healthier choices.

1	2	3	4	5
I know nothing about physical health barriers.		I know some bits about physical health barriers.		I know lots about physical health barriers.

On a mindmap, brainstorm what barriers people might face when trying to make 'healthier' choices or when trying to maintain good physical health.

Barriers to making healthier choices.

Can you think of any strategies to overcome these barriers?

Barrier to making healthier choices	Strategy to overcome barrier

Read the following scenarios. Choose one character that you would like to 'support' in overcoming the barriers to a healthier lifestyle.

Every morning, Felicity walks to the shop to meet her friends so that they can walk the rest of the way to school together. They always go in the shop and pick up some snacks to share on the way to school or to have at break. Felicity is trying to eat a bit healthier, but is worried that if she doesn't go to the shop she'll miss out on the time with her friends.	Every morning, Felicity walks to the shop to meet her friends so that they can walk the rest of the way to school together. They always go in the shop and pick up some snacks to share on the way to school or to have at break. Felicity is trying to eat a bit healthier, but is worried that if she doesn't go to the shop she'll miss out on the time with her friends.
Maya really likes going into town with her friends at the weekend, but they always end up getting fast food for lunch. She really doesn't enjoy how she feels after she has eaten fast food, but it doesn't seem to bother her friends and she doesn't want to cause a fuss.	Dev's family let him pick what they have for a 'treat' dinner once a month. He can choose anything he likes and usually the family will have the food delivered. Lately, Dev has been worrying that he's making his family eat really unhealthily – although he really wants to pick the treat dinner and have a family meal together, he thinks that maybe they should skip it this month.
Kai's friends asked him to join the football team – the team was short of a few players and Kai's friends knew how much he liked to exercise. Kai doesn't want to hurt his friends' feelings, or let the team down, but really hates playing football! He dreads the matches so much that he is starting to dislike any kind of exercise.	Priya usually eats really well – her diet is varied and she doesn't eat much 'junk' food. Recently, however, she's noticed that she's been feeling more hungry than usual and has had some cravings for sugary snacks. Her mum said it's nothing to worry about and said that Priya's older brother couldn't stop eating when he was her age too! But Priya is worried that something is wrong with her.

Come up with three to five top tips to help the character in your scenario manage the situation/barrier they face.

Top Tip 1

Top Tip 2

Top Tip 3

Top Tip 4

Top Tip 5

Further support: need help or guidance?

- Speak to a tutor, head of year, school nurse or other trusted member of staff in the school
- Speak to another trusted adult or health professional outside of school
- Contact Childline www.childline.org.uk 0800 1111
- Visit NHS Live Well: www.nhs.uk/live-well

What has been learnt?

Return to the **forum post** from the start of the lesson 2 – what advice could you give to the young person? In your response, you should include at least one strategy that could be used to overcome the barriers.

Circle on the scale of 1-5 how much you **now** know about overcoming physical health barriers.

1	2	3	4	5
I know nothing about physical health barriers.		I know some bits about physical health barriers.		I know lots about physical health barriers.

Homework Activity

Create an information leaflet for young people on maintaining physical health.
You should explain why it's important to maintain a healthier lifestyle, the different choices available that contribute to someone leading a healthier lifestyle, and what steps someone might take to improve their own physical health both now and in the future.

Date:

Lesson 5: Healthy Sleeping

On a scale of 1-5 **circle** how much you know about healthy sleeping.

1	2	3	4	5
I know nothing about healthy sleeping.		I know some bits about healthy sleeping.		I know lots about healthy sleeping.

Look at each statement and decide if it is **true** or **false**.
If you think it's **false**, write what you think the truth might be in the comment box next to the statement.

Resource 1a

Statement	True/False	Comments
Teenagers need more sleep than adults		
Sleeping in at weekends to catch up on sleep will help you feel refreshed on Monday		
Most teenagers on average get the right amount of sleep		
It is recommended to eat a small snack before bedtime		
It is helpful to use a phone app to help track and promote sleep		
Naps should be no longer than 30 minutes		
It is possible to counteract the effects of lack of sleep by drinking caffeinated drinks		
Getting healthy sleep can improve school results		
Using the night setting on a phone means it doesn't have any effect on sleep		

Sleep strategies

What techniques or strategies could someone use to get better sleep?

Tip: you could do this by making a list of *Do's and Don'ts* that someone could use to promote good quality sleep.

To promote good quality sleep DO:	To promote good quality sleep DON'T:

Further support: need help or guidance?

If you're worried about your sleep, you can always speak to your parent or carer, or a teacher in school for more advice and support.

The **ChildLine website** has advice about sleep for young people:

www.childline.org.uk Phone: 0800 1111

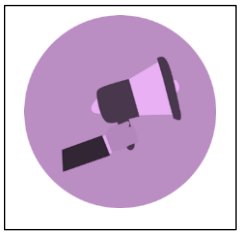
NHS Direct (Tel: 111) can be called for non-urgent medical issues or for further information.

Homework activities

Healthy sleep campaign

Create an advertising campaign to promote healthy sleep.

This could include …



- A poster or flyer to raise awareness
- A logo
- A recorded verbalisation of the advert
- An information leaflet

Healthy sleep into action

Reflect on one thing you think you could change about your evening routine to promote better sleep.

Circle on the scale of 1-5 how much you **now** know about healthy sleep.

1	2	3	4	5
I know nothing about healthy sleep		I know some bits about healthy sleep		I know lots about healthy sleep

You are now at the end of your Spring Term 1 Personal Development work on Health and Wellbeing: Healthy Options. Please answer the following questions:

1. Have you enjoyed this unit?: Yes No
2. What has made you give that response to question 1?:

_____

_____

3. Is there any other information you would have liked to have received in this unit? (If yes, please indicate what topic you would have liked to have visited.)

_____