



PSHE

Exploring Healthy Lifestyles

YEAR 9



NAME:



TEACHER:



Icons



Activating prior knowledge

Remember what you already know about a topic before you start to learn something new, to help build connections in your long-term memory.



Retrieval practice

Quizzing, recall and memory activities to slow down the rate of forgetting!



New knowledge

Learn something new through reading, teacher explanation, diagrams, listening to or watching something.



Processing knowledge

Do something with your new knowledge to help you understand it better.



Guided practice

Work collaboratively with your teacher as you strengthen new skills.



Independent practice

Using your knowledge and understanding to complete a piece of quality work independently.



Reflect and respond

Thinking about what you have learned, what went well and what you could improve next time.

1: What is a healthy lifestyle?**Good health**

Good health is not just the absence of disease or illness, it is a state of complete physical, mental and social well-being. This means eating a balanced diet, getting regular exercise, avoiding tobacco and drugs and getting plenty of rest.

**2: Diet and exercise**

The Eatwell Guide is the UK healthy eating model. It shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The Eatwell Guide is based on the Government's *Eight tips for healthy eating*, which are:

1. Base your meals on starchy foods.
2. Eat lots of fruit and vegetables.
3. Eat more fish – including a portion of oily fish each week.
4. Cut down on saturated fat and sugar.
5. Try to eat less salt – no more than 6g a day for adults.
6. Get active and be a healthy weight.
7. Don't get thirsty
8. Don't skip breakfast.

3: The Dangers of Illegal Drugs

Illegal drugs aren't good for anyone, but they are particularly bad for a teen whose body is still growing. Illegal drugs can damage the brain, heart, and other important organs. Cocaine, for instance, can cause a heart attack – even in a kid or teen. While using drugs, people are also less able to do well in school, sports, and other activities. It's often harder to think clearly and make good decisions. People can do dangerous things that could hurt them – or other people – when they use drugs.

Sometimes teens try drugs to fit in with a group of friends. Or they might be curious or bored. Someone may use illegal drugs for many reasons, but often because they help the person escape from reality for a while. But this escape lasts only until the drug wears off.

4: Smoking**What happens when you use tobacco:**

- It causes your heart rate and blood pressure to increase,.
- reduces the amount of oxygen in your bloodstream, making you short of breath.
- It decreases your taste and smell.
- It causes your blood to clot faster.
- Smokers have a higher chance of heart attack, stroke and circulatory problems.
- Tobacco makes your teeth turn yellow or brownish in colour.
- Smoking makes your skin wrinkle more.
- Your breath smell.
- Cigarette smoke contains more than 7,000 chemicals, 69 of which are known to cause cancer. Many others are known to be toxic.

5: Vaping/E-Cigarettes**E-cigarettes**

What is an E-cigarette? An e-cigarette is a device used in place of smoking tobacco. It is also known as an electronic cigarette, e-cig or water vapor cigarette. An e-cigarette is a small tube that is often made to look like a cigarette. However, they do come in many varieties. All major tobacco companies own and make e-cigarettes.

Are E-cigarettes Safe?

E-cigarettes are not regulated (controlled). They are also not approved by the Food and Drug Administration (FDA). The chemicals used in the liquid do not have to be safe or listed on the label. Private testing has found many harmful chemicals in the liquid.

6: Big think question/Self care?**What is self-care?**

Self-care is just what it sounds like: taking care of yourself. These days, when people talk about self-care they are generally talking about the conscious and deliberate choice to do something that looks after you and your wellbeing.


Examples of self-care?

1. Get a good night's sleep
2. Drink lots of water
3. Go for a brisk walk
4. Take a relaxing bath
5. Say no to something you don't want to do
6. Make something healthy yet delicious for dinner
7. Make a list of five or more things you like about yourself
8. Spend time with loved ones

Making choices about diet and exercise



What does it mean to be 'healthier'?

healthy
/'heɪθi/ 

adjective

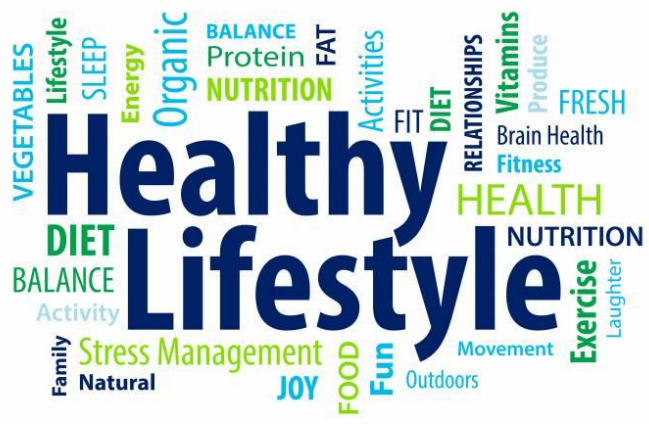
1. in a good physical or mental condition; in good health:
"I feel fit and healthy"

Similar

Opposite

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?



Good health

Good health is not just the absence of disease or illness, it is a state of complete physical, mental and social well-being. This means eating a balanced diet, getting regular exercise, avoiding tobacco and drugs and getting plenty of rest. Our bodies are like machines that require a balance of protein, carbohydrates, fat, vitamins, minerals and water to stay in good working order. Get the balance wrong and your health will suffer. A balanced diet means eating only as many calories as you use during the day. Any excess will be stored as fat if you eat more than you burn off.

<https://www.youtube.com/watch?v= HEnohs6yYw>



Watch the animation above.

What are the benefits of making healthy life choices?

Name some the healthy choices we can make in llife and the impact they have.



Mental and physical health are probably the two most frequently discussed types of health.

Spiritual, emotional, and financial health also contribute to overall health. Medical experts have linked these to lower stress levels and improved mental and physical well-being.

5 People with better financial health, for example, may worry less about finances and have the means to buy fresh food more regularly. Those with good spiritual health may feel a sense of calm and purpose that fuels good mental health. Physical health A person who has good physical health is likely to take regular exercise, have a balanced nutrition and get adequate rest; all contribute to good health. Physical well-being involves pursuing a healthful lifestyle to decrease the risk of disease. Maintaining physical fitness, for example, can protect and develop the endurance of a person's breathing and heart function, muscular strength, flexibility, and body
10 composition.

Annotate the diagram below, give one example for each aspect.



Being active, enjoying the outdoors and eating a balanced diet all affect how we feel. Watch the clip on tips on how to live a healthy life.

https://www.youtube.com/watch?v=Cg_GW7yhq20

Healthy lifestyle Tips

1 _____

2 _____

3 _____

4 _____

5 _____



Diet and exercise

How important is a balanced diet?

The benefits of a balanced diet are:

- a strong immune system to prevent and fight infections;
- a lower risk of certain types of cancers;
- lower blood pressure;
- a healthy weight;
- more energy;
- essential nutrients to support tissue growth.



What type of foods should I avoid?

Many people do not buy and prepare fresh food, and it's easy to see why. We are often short of time, and cheap, highly processed convenience food is always available. However, convenience food has a negative impact on our health. Here are a few examples of this type of food:

- junk food, like crisps and chocolate, is high in calories but low in nutritional value;
- fast food, such as hamburgers and fried chicken, is prepared and served quickly but is high in fat;
- convenience food, such as microwave 'ready meals', often has too much salt and sugar.

In 2019 new guidelines on the amount of activity recommended for health were published by the Chief Medical Officers of the four UK countries, stating: Children and young people (aged 5-18) should engage in moderate-to vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports. They should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength. They should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity. Exercise is very beneficial to health and can reduce the risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer, and lower the risk of early death.

Do you have a balanced diet?



How can a poor diet and an inactive life impact our health?

What would the cost to society be?

Who is responsible for teaching children about how to make the right choices about food?

The Eatwell Guide is the UK healthy eating model. It shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet.

The Eatwell Guide is based on the Government's *Eight tips for healthy eating*, which are:

1. Base your meals on starchy foods.
2. Eat lots of fruit and vegetables.
3. Eat more fish – including a portion of oily fish each week.
4. Cut down on saturated fat and sugar.
5. Try to eat less salt – no more than 6g a day for adults.
6. Get active and be a healthy weight.
7. Don't get thirsty
8. Don't skip breakfast.



The Eatwell Guide applies to most people regardless of weight, dietary restrictions/preferences or ethnic origin. Healthy eating is all about balance, meaning that there are no good or bad foods and all foods can be included in a healthy diet as long as the overall balance of foods is right. All foods provide energy and nutrients and it is achieving the correct intake of those nutrients that is important for health.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently. For example, dairy products such as milk and yogurts are great sources of calcium, but they are a poor source of vitamin C, citrus fruits are good sources of vitamin C, but they do not provide any iron.

Are there any of the eight tips for healthy eating that you need to focus on?

The Eatwell Guide



Fruit and vegetables



Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

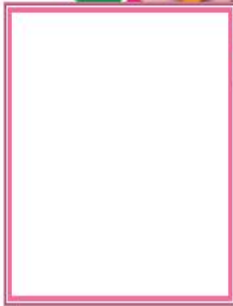
Dairy and alternatives

Oil and spreads

The Guide is divided into five food groups. It shows the types of foods that fit into the five food groups and the proportions of these foods that should be eaten from each group. More foods should be eaten from the *Potatoes, bread, rice, pasta and other starchy carbohydrates* group and the *Fruit and vegetables* group compared with the *Beans, pulses, fish, eggs, meat and other proteins* group and *Dairy and alternatives* group. Small amounts of oils and spreads can be included in a healthy diet. *foods high in fat, salt and sugars* are not needed in the diet. If these are consumed, it should be infrequently and in small amounts.



The eatwell game



- Give examples of food from each food group in the boxes above.
- Use the pictures to help.
- In the water box write how many glasses you actually have
- What changes do you need to make to our diet?





**What happens inside your body
when you exercise?**

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

Studies have shown that we're mostly happier exercising with friends, family or work colleagues than alone. Comments made included "When I'm walking with a friend, I'm so busy chatting, I don't notice how many steps I'm doing and I go further than usual," and "Exercising with my partner encourages me to go when I don't feel like it". If you're unsure about a new exercise class, taking a friend for moral support can help. And if you don't have someone you can exercise with, joining a class can be a good chance to meet new people. If you find the exercise boring, you could distract yourself. Television, radio or music can help you work out for longer. Watching the news while rowing or cycling at the gym in can boring, so listening to the radio or a podcast helps the exercise go by quicker. "If you want a little extra motivation to walk, jog or cycle regularly, you could sign up for a charity event and raise money for a cause close to your heart. It gives you a purpose to exercise and something to aim for, which keeps you motivated, especially when your friends and colleagues have sponsored you!" You can add extra incentive by rewarding yourself. Have a healthy treat at the end of each exercise, as long as it is healthy!!

Read the concerns about adopting a healthy lifestyle. In the green make suggestions to tackle the fears



Cost

Feeling pressure to eat unhealthily

Convenience/ availability of foods

Wanting to make decisions that someone's family might not agree with or be able to accommodate

Concerns about exercising alone

Unable to find a team/group to join

Having a physical disability that might affect exercise choices

Lacking motivation

Not knowing where to start, or

feeling overwhelmed with

information



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.

& Sketch (or try the shortcut
Windows logo key + Shift + S)

Case Study 1

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.

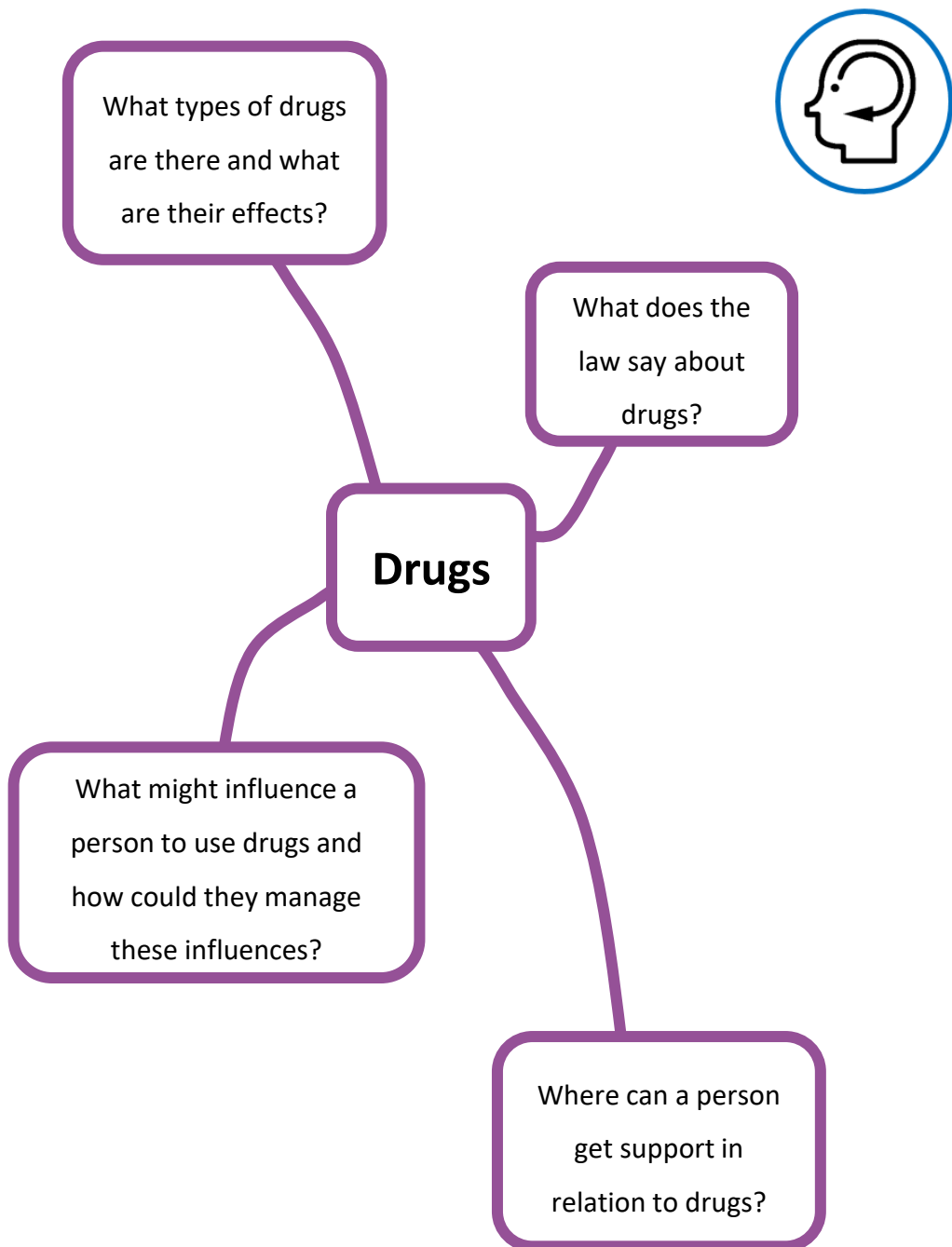
Ronan wants to start exercising more. He knows his body is changing a lot at the moment, but he's feeling quite uncomfortable in his own skin, and he's heard that exercise can really help. His mum has encouraged him to run a few laps around the local park as it's free and close by...but he's embarrassed about how unfit he is going to look. He doesn't want people staring at him, especially when he's red-faced and sweaty!

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.

Choose one of the case studies below and give them some advice on how to adopt a healthy lifestyle.

The Dangers of Drugs

- On your mind-map, respond to the four questions about drugs.
- Slang terms can be used as well as the correct terms (if you know them.)



Class A drugs= Crack cocaine, cocaine, ecstasy (MDMA), heroin, LSD, magic mushrooms, methadone, crystal meth.

Penalty: Up to life in prison, an unlimited fine or both

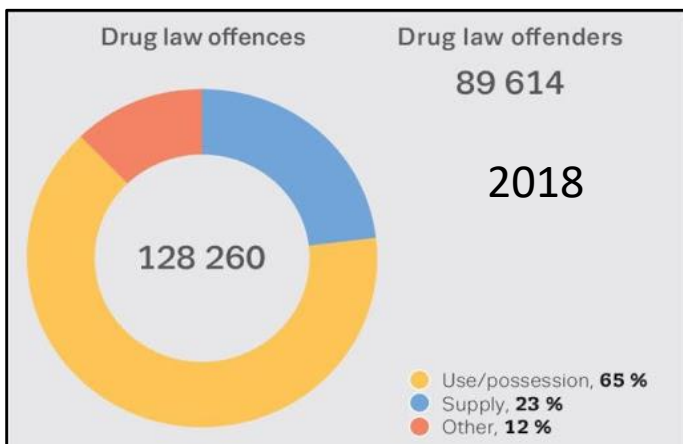
Class B= Amphetamines, barbiturates, cannabis, codeine, ketamine, synthetic cannabinoids.

Penalty: Up to 14 years in prison, an unlimited fine or both

Class C drugs= Anabolic steroids.

Penalty: Up to 2 years in prison, an unlimited fine or both (except anabolic steroids - it's not an offence to possess them for personal use).

True or false? Correct if false.	
1. It is impossible to be imprisoned for taking drugs	
2. There are 3 classes of drugs	
3. Steroids are a class A drug	
4. You can not be imprisoned for more than 2 years for possession of a class A	
5. Cannabis is a class B drug.	
6. The penalties surrounding drugs depend on the type of drug, the amount you have and whether you or dealing or producing it	



From looking at the chart above on drug offences which type of offence was greatest?

Why do you think it is important to record the number of offences each year?

What does possession mean?	What does it mean to supply?	How many drug offences were the altogether in 2018?
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Why Are Illegal Drugs Dangerous?

Illegal drugs aren't good for anyone, but they are particularly bad for a kid or teen whose body is still growing. Illegal drugs can damage the brain, heart, and other important organs. Cocaine, for instance, can cause a heart attack — even in a kid or teen. While using drugs, people are also less able to do well in school, sports, and other activities. It's often harder to think clearly and make good decisions. People can do dangerous things that could hurt them — or other people — when they use drugs.

Why Do People Use Illegal Drugs?

Sometimes kids and teens try drugs to fit in with a group of friends. Or they might be curious or just bored. Someone may use illegal drugs for many reasons, but often because they help the person escape from reality for a while. A drug might — **temporarily** — make someone who is sad or upset feel better or forget about problems. But this escape lasts only until the drug wears off. Drugs don't solve problems, of course. And using drugs often causes other problems on top of the problems the person had in the first place. Somebody who uses drugs can become **dependent** on them or **addicted**. This means that the person's body becomes so **accustomed** to having this drug that he or she can't function well without it. Once someone is addicted, it's very hard to stop taking drugs. Stopping can cause withdrawal symptoms, such as vomiting, sweating, and tremors (shaking). These sick feelings continue until the person's body gets adjusted to being drug free again.

Why are illegal drugs bad for young people?

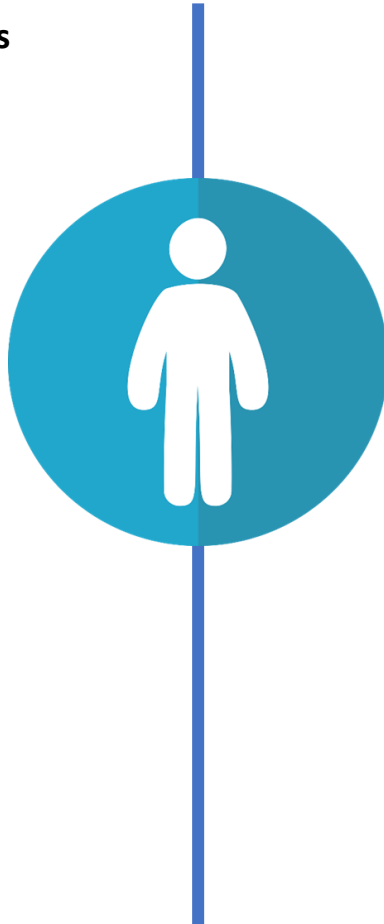
What can happen to someone who uses drugs frequently?

What is meant by the term withdrawal?



Reasons for using drugs

Reasons against using drugs



- Which reasons do they believe are the strongest reasons against drug use and why?

The effects might feel good or relaxing	Curiosity or liking to take risks	Worries about health risks like hangovers or accidents
Preferring to lead a healthy lifestyle	Having a great time without using drugs	Not wanting to lose control or act in a way that isn't like themselves
Believing everyone else is taking drugs	Religious, cultural beliefs or family disapproval of drugs	Wanting to impress another person or group who use drugs

How do drugs affect people's lives?

Consider the **physical and mental affects**.

<https://www.youtube.com/watch?v=eVLpnMHHEPU>



Physical

Mental

Click to add text
Click to add text

Discuss which do think would have the most impact and make notes below.

This film explores what it is like to battle with addiction and the control it can take over your life. Chloe's testimony is open and honest, and creates an intimate portrait into how it can feel to rely on drugs, from getting through the school day to socialising with friends. She traces the root of her addiction to her home life, citing abuse from her siblings to the actions of her mother, who openly used drugs in her presence.

<https://www.youtube.com/watch?v=EPI51QU2U-M>



What makes us more vulnerable to become addicted to drugs?

Why might someone think that they need to take drugs?

How can you get help to stop

drink and drugs
my story



<https://www.youtube.com/watch?v=UuMu79lmmik>

What was Lorne's life like before taking Cannabis	
How did Lorne come across weed?	
What effects did he experience from cannabis?	
What were the signs that Lorne was addicted?	
What was sacrificed due to his cannabis habit?	
What moment made him decide to give up cannabis?	

Smoking and Vaping

What happens when you use tobacco:

- It causes your heart rate and blood pressure to increase, and your major blood vessels to become smaller, making your heart work harder.
- It slows your ability to heal.
- reduces the amount of oxygen in your bloodstream, making you short of breath.
- 5 • It decreases your taste and smell.
- It causes your blood to clot faster. Smokers have a higher chance of heart attack, stroke and circulatory problems.

Other facts:

- Tobacco makes your teeth turn yellow or brownish in colour.
- Smoking makes your skin wrinkle more.
- 10 • Your breath, hair, clothing and household furnishings all smell like smoke if you smoke or live with a smoker.
- Second-hand smoke can have harmful effects on the health of your entire family.
- Seventy-five percent of smokers have at least one parent who smokes.
- 15 • Restaurants and public places don't allow smoking.
- Your furniture, curtains, and carpeting smell like smoke if you smoke in your home, which you don't notice. (This smell is caused by thirdhand smoke.)
- Cigarette smoke contains more than 7,000 chemicals, 69 of which are known to cause cancer. Many others are known to be toxic.



Why do you think some people start using tobacco? (What's appealing about it?)

Why do you think people continue using tobacco once they have started? (Do most people want to stop?)

‘The tobacco epidemic is one of the biggest public health threats the world has ever faced...’

- The World Health Organization



Cigarettes aren't good for us. That's hardly news -- we've known about the dangers of smoking for decades. But how exactly do cigarettes harm us, and can our bodies recover if we stop? The clip below details what happens when we smoke -- and when we quit.

<https://www.youtube.com/watch?v=Y18Vz51Nkos>

How to cigarettes harm us?

How can our bodies recover?

E-cigarettes

What is an E-cigarette? An e-cigarette is a device used in place of smoking tobacco. It is also known as an electronic cigarette, e-cig or water vapor cigarette. An e-cigarette is a small tube that is often made to look like a cigarette. However, they do come in many varieties. All major tobacco companies own and make e-cigarettes.

How Do You Use An E-Cigarette?

Nicotine liquid or nicotine-free liquid (often called “juice”) is put in the e-cigarette. Each time you take a puff, the liquid moves past a small metal coil. The coil heats up and warms the liquid causing it to come out as steam that looks like cigarette smoke. You breathe in and out the steam, which is usually called “vaping.”

Is The Steam Just Water?

The steam you breathe in and out is not just water. It is vaporized chemicals found in the liquid, along with any chemical changes from the heated metal.

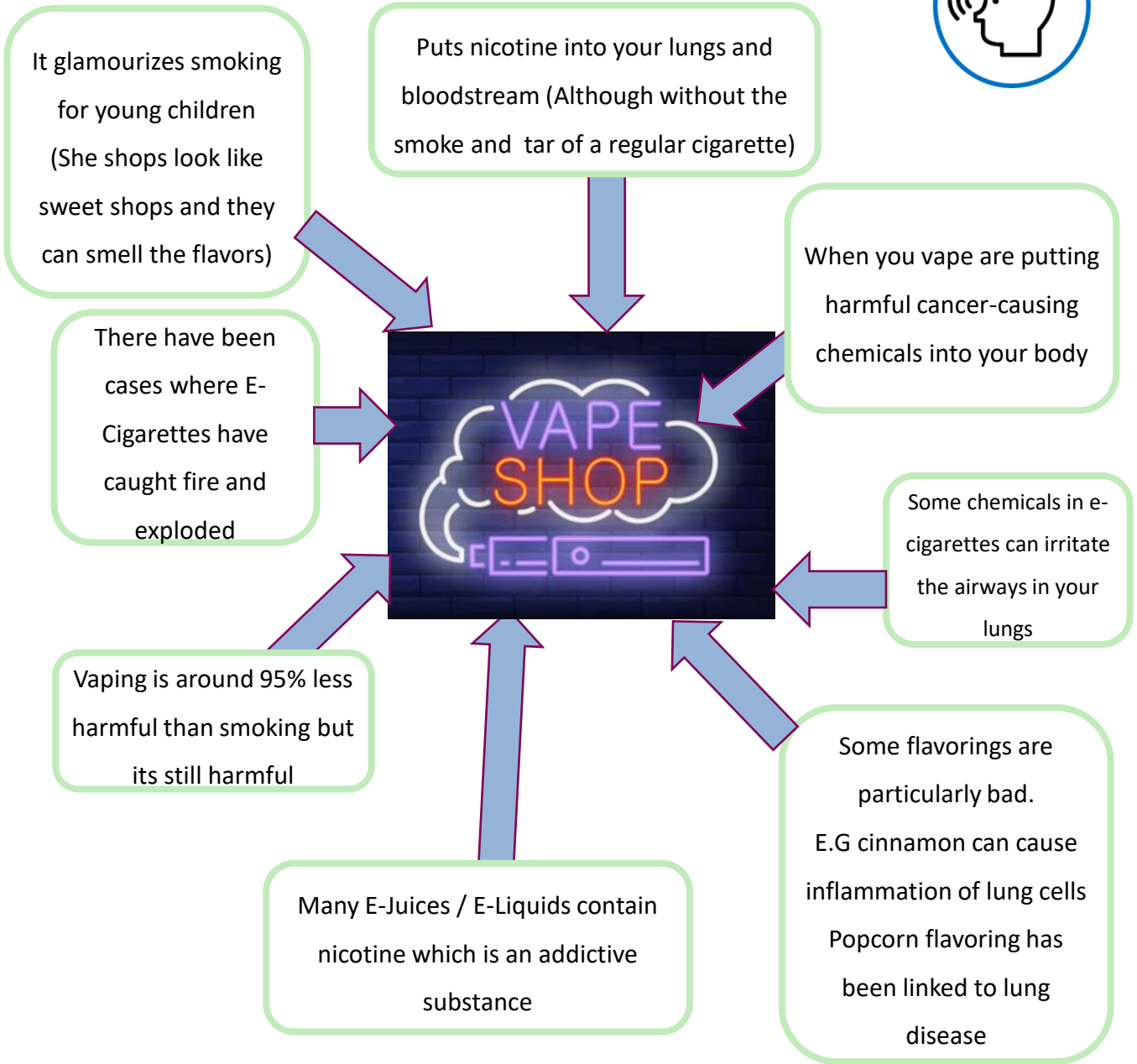
Are E-cigarettes Safe?

E-cigarettes are not regulated (controlled). They are also not approved by the Food and Drug Administration (FDA). The chemicals used in the liquid do not have to be safe or listed on the label. Private testing has found many harmful chemicals in the liquid including

- lead
- arsenic (found in rat poison)
- formaldehyde (used to preserve dead tissue)
- glycol (used in antifreeze).



Testing has also found chemicals known to cause cancer in humans. The chemical glycerine (used in soap and beauty products) has also been found in the liquid. At this time, there is no information on how breathing in glycerine will affect your body. It is very common for there to be more or less nicotine than what is listed on the label. It is possible for nicotine-free liquid to still have nicotine in it. The nicotine in e-cigarettes is usually not filtered the same way it is in FDA-approved nicotine replacement therapies (such as patches and gum). This allows harmful chemicals from tobacco to be in e-cigarettes. E-cigarettes have become popular, very quickly. This means there hasn't been time to get results on long-term studies on the safety or health effects of e-cigarettes.



What do you think are the 2 biggest risks

Explain why vaping is a risk.



What is the main argument in this paragraph?

What is good about this paragraph?

What does self-care look like?



Definition: Self-care means how we look after our minds and our bodies in day-to-day life.



Hint: think of the five ways to wellbeing

Write down as many different ideas of self-care activities as possible.

10 = I do this regularly (every day)

5 = I do this sometimes

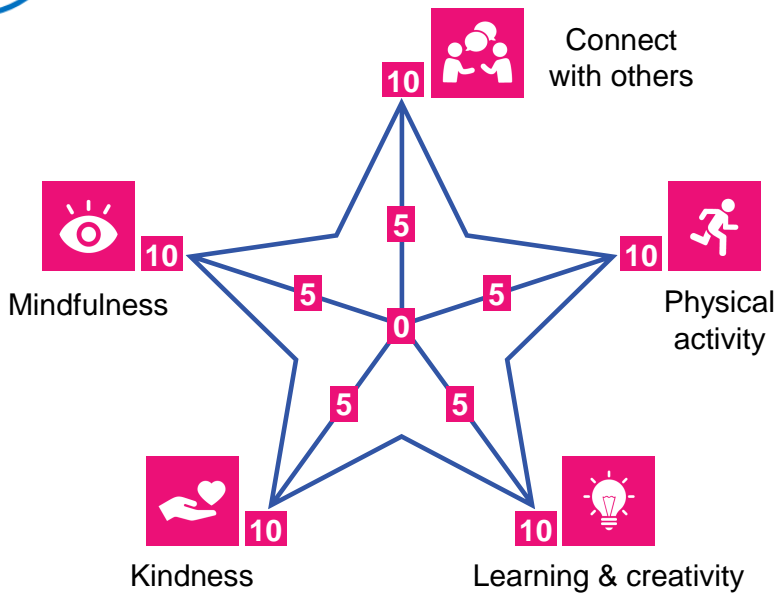
0 = I never do this



Keywords:

Connecting with others: spending time with people (in person or online)

Mindfulness: paying attention to the present moment



Look at the self-care reflection spider diagram, assess which areas you most commonly do in terms of self-care. Mark where you are between 0-10 and then join these marks up to see how your star looks.

These are taken from the five ways to wellbeing which are central to self-care. Everyone will have different looking stars and based on their star they might want to choose an area of self-care to focus more on. We should be addressing all five of these categories on a regular basis as part of our routines.

Which area do you need to focus? _____



Why is self-care important?

What might be the benefits of self-care?

How could you improve your self care?

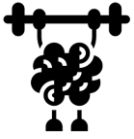
What might make self-care difficult for some people?



My self care goals

My self care actions

**My self care
timescale**



What are the potential risks to our health?

Who is responsible for your health?

***“Your body is priceless
possession so take care of it ”***

What does this quote mean?

What does it tell you about the purpose of this subject?

What are the benefits of being healthy?



THINK

Big Questions



“ Your health is your own responsibility”



- My **a**rgument (for/against)
- My **r**eason
- My **e**vidence
- My **a**ssessment



Big Think Question.



“Your health is your own responsibility”

- Evaluate** this statement considering arguments for and against. In your response you should:
 - Give why you agree/disagree with the statement (three simple/ two expanded reasons)
 - Reach a justified conclusion. Why it is a strong argument.



I agree/ because...

- My reason
- Another reason to support my view is...

My evidence

- The evidence/example to back up my view is... because...

My conclusion

- Overall this is a strong argument because...

Evaluative language	Connectives to expand and back up
Some people might argue...	Because
To some extent, people might argue because...	So
This argument has strength....	But

Conclusion:

Simple reason with a basic conclusion	
Simple reasons for with a valid reason to support their conclusion	
Expanded reasons for used to reach a valid conclusion showing they have expressed why the argument is convincing and why.	



REFLECTION

<p>REGULATION: next time I am going to do better by...</p> 	
<p>MOTIVATION: Next time I am going to motivate myself better by...</p> 	
<p>My teacher can help me in future by....</p> 	



REFLECTION



REFLECTION
