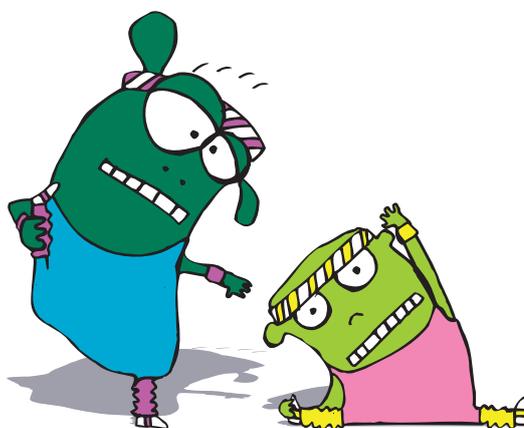


# HOW CAN I STAY FIT AND HEALTHY?



**Links to the National Curriculum:** PSHE/PDMU/Health and Wellbeing, Science and Physical Education.

Links can also be made to the *Every Child Matters Outcomes Framework 2008*.

## Resources

- Copies of the **Keep healthy** resource sheet.
- Materials to make posters or leaflets.

## Objectives

- To understand what makes a healthy lifestyle.
- To understand the importance of healthy eating and exercise for good health.
- To know some of the risks of tobacco and how these relate to health.

## Introduction

Hold a brainstorm with the whole class or in small groups to capture pupils' ideas of things that help keep our bodies healthy – What makes a 'healthy lifestyle'? Ideas could be grouped into 'Things we should try to do lots of...' and 'Things we should try to avoid'.

Alternatively give pupils a list of lifestyle choices in pictures or words to sort into the two groups. Try to include choices relating to diet, exercise, sun safety and smoking. You could also ask pupils to consider their own lifestyle in terms of health.

## Main activity

If you have already talked to your class about cancer, explain that nobody knows exactly why some people get cancer and others do not. But we do know that living a healthy lifestyle helps reduce your chances of getting cancer and other serious illnesses later in life. If you have not spoken to your class about cancer, you might choose to talk more generally about the long term benefits of keeping fit and healthy.

Explain that there are many aspects to a healthy lifestyle. Pupils are going to learn about four important ways they can help keep their bodies healthy now and when they're older. Hand out the **Keep healthy** resource sheet and read through the four sections together. Discuss and think of examples of these healthy lifestyle choices in practise.

Ask pupils to suggest ways they could help the rest of the school to understand the importance of keeping healthy. They could design posters, leaflets or make up a role play or presentation to inform other pupils and staff.

For further advice to help you teach about cancer, and to order your free *Cancertalk* teaching pack, visit [macmillan.org.uk/schools](http://macmillan.org.uk/schools)

# KEEP HEALTHY

It's important to try and make healthy lifestyle choices. Not only will it help you stay fit and well now, it also means you'll be less likely to get serious illnesses when you're older. Here are four things you can do to help keep healthy.

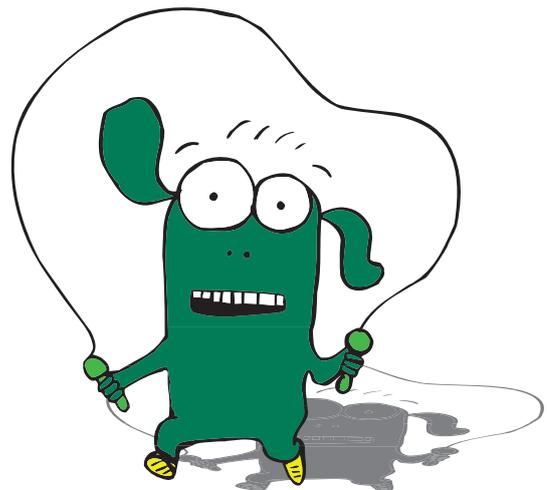
## Eat a healthy diet

A health, balanced diet means eating different foods from each of the food groups in the right amounts. Try to eat five portions of fruit and vegetables every day. Go easy on fatty and processed foods which often contain lots of salt, sugar and saturated fats. So it's out with the burger and chips and in with the fruit and veg. Remember to drink plenty of water too.



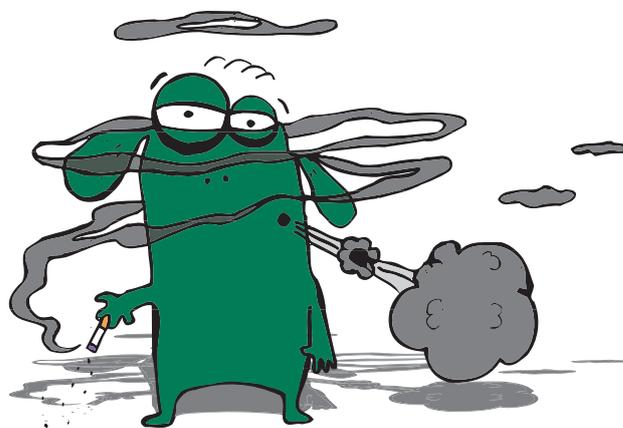
## Be active

Try to do one hour of exercise each day. Exercise can help you to feel and look good. It strengthens muscles, including the heart, and helps you maintain a healthy weight. If you don't like playing sport, you could try walking, dancing and cycling to add some extra activity to your day.



## Don't smoke

Don't smoke. Smoking causes bad breath, wrinkles, yellow teeth and smelly hair, and can lead to a number of illnesses. Smoking is the biggest cause of cancer in the world.



## Be safe in the sun

It's fun to play in the sun, and sunshine helps the body make vitamin D which keeps bones and teeth healthy. But sunburn damages your skin and increases your risk of developing skin cancer. Protect your skin by wearing sunscreen with a factor of 15 or higher. Stay in the shade during the hottest part of the day and wear a wide brimmed hat and sunglasses.

