

# KEY QUESTION:

## How can I stay fit and healthy?

This fun task is linked to elements of the National Curriculum including PSHE/ PDMU/ Health and Wellbeing and Physical Education. Further links can be made to the *Every Child Matters Outcome Framework (2008)*.

### Resources

- a photocopy of the activity sheet for each pupil
- the *Keep healthy, be active* teaching pack available to order/download from [macmillan.org.uk/schools](http://macmillan.org.uk/schools) or by calling 0845 601 1716.

### Desired learning outcomes

Pupils will:

- Consider how healthy their lifestyle is.
- Understand that there are ways to reduce their chances of getting ill and even developing an illness such as cancer.
- Put their suggestions into practise.

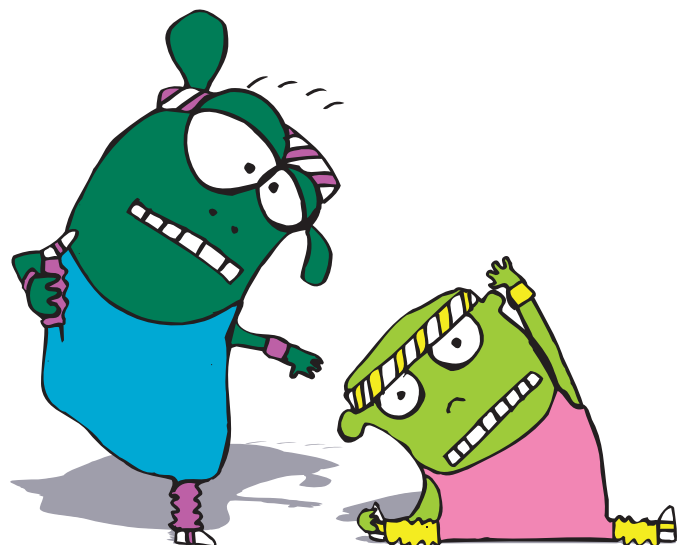
### What to do

Explain how the body's cells grow, what cancer is, how it is treated, and how Macmillan helps people living with cancer. Use information from our youth website: [whybother.org.uk](http://whybother.org.uk)

Ask pupils to think and talk about their own lifestyle in terms of health.

Explain that no-one knows exactly why some people get cancer and others do not. However, there are links between our lifestyle choices and the chance of developing cancer.

Note: some children may think that cancer just affects older people (and indeed 65% of all cancers diagnosed occur in the over 65s). However, mention that although rare, children and young people can develop cancer too.



Your name:.....

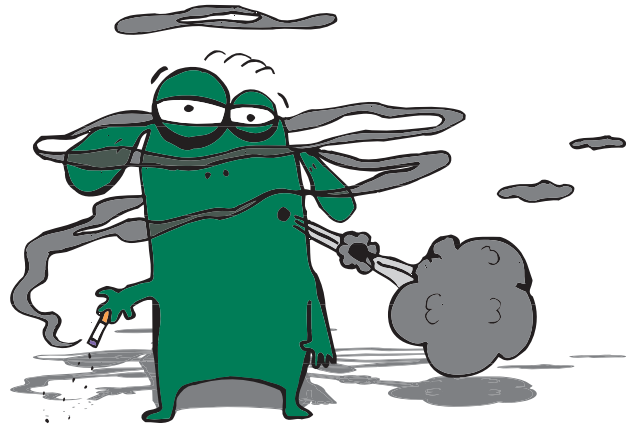
## Activity:

# LOOK AFTER YOUR HEALTH

Macmillan Cancer Support helps people living with cancer. We provide very special care in many ways. Nobody knows exactly why some people get cancer and others do not. The chances of getting cancer vary from person to person – everything from age and lifestyle to genetics and our environment play a part. The bit you have most control over is your lifestyle. If you're healthy, you stand less chance of getting ill in the first place. It also helps you recover if you do.

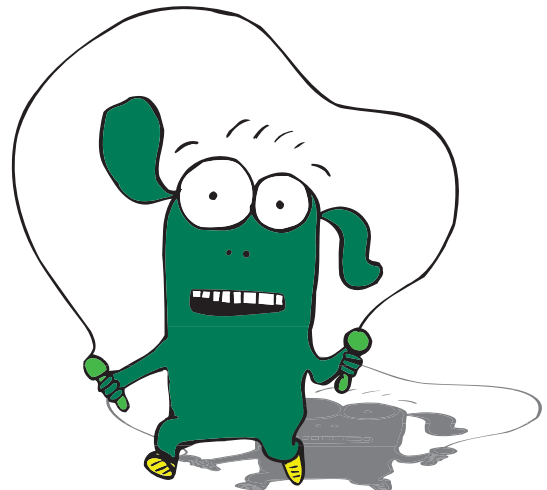
## Don't smoke

Quit if you do, or be smart and don't start. Yellow teeth, bad breath, smoker's cough, bad smelling hair and wasted cash on ciggies isn't cool. More than 114,000 people a year in the UK die from smoking-related diseases.



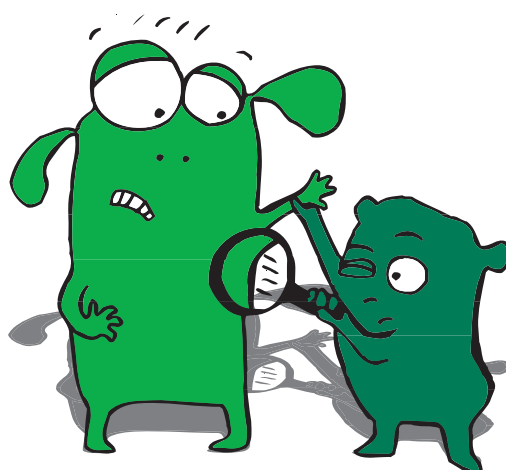
## Take regular exercise

Aim for a minimum of an hour a day. Exercise can help you to feel and look good, maintain a healthy weight, strengthen your muscles including your heart, and increase flexibility. And remember – hoovering and gardening both count.



## Be body aware

Your body changes a lot as you become an adult. It's good to get to know your body and keep track of the changes. That way you'll be able to spot anything unusual that might be because of an illness such as cancer. If you're worried about anything to do with your body, you should talk to your parents or a doctor as soon as possible.



## Eat and drink smart

Excessive alcohol drinking is hard on your immune system. It can quickly become a habit and people who drink lots of alcohol have a higher risk of developing cancer. A balanced diet includes a combination of several different food groups such as fresh fruit and veg, grains and pulses, meat or meat-free alternatives, dairy products and unsaturated fats. Eat something from each of these groups every day, and drink plenty water to stay hydrated too.



## Avoid sitting out in the midday sun

A tan is visible proof your skin is being damaged. It might look cool, but wrinkles don't. Over-exposure to the sun is one of the main causes of skin cancer. Always protect yourself when it's sunny, especially between 11am and 3pm, by wearing sunscreen – at least factor 15, covering up with long loose clothing, and wearing a sun hat.

Find out more about looking after your health at [macmillan.org.uk/schools](http://macmillan.org.uk/schools)



Try to find all the words in this word search puzzle (they could be in any direction). They are all to do with reducing your chance of getting ill or developing cancer.

O I W T A B J T K L C I O R  
 R A I N N Y E C P J H R C X  
 V B W E U G N I N E E R C S  
 N Y H E T R V R F C C P A F  
 G H O R R D Y U R H K R B O  
 S W L C I H P V U C U E O Q  
 N N E S T M H S I E P V T X  
 A S G N I N N A T S K E C F  
 L E R U O I W L W I N N N I  
 L L A S N T A C Z C P T F T  
 I B I D F A Y O Q R B I E N  
 M A N J R S S H O E O O G E  
 C T S E R U S O P X E N U S  
 A E N E R S G L D E D H R S  
 M G C W A A M S F T W P N A  
 H E N I N S T I M I C R J A  
 J V P I T J M P Y F B V U G  
 Y E N E T O R A C A T E B P  
 E V I T A M I N S Y P G R X  
 U S S E T T E R A G I C B Z  
 B S M O K E L E S S R M H O

alcohol  
 checkup  
 cigarettes  
 exercise  
 fitness  
 fruit  
 Macmillan  
 nutrition  
 prevention

smokeless  
 sun exposure  
 sunscreen  
 tanning  
 tobacco  
 vegetables  
 vitamins  
 whole grains

Find these words by rearranging the letters:

grtestacei

ranecc

notd kmose

nistfse

akte uglær sieexec

tae riutf dna beglsavtee revye dya

veah a alcendab etid

esu resscunen

viado itgsnit tuo ni eth didyam nus

dton irknd ot tge nkurd

eb doyb reaaw

camilnalm nrcaec pptrous lehsp lepepo  
 Invigi tiwh ceranc

Now you're clued-up about the facts about cancer, complete the quiz on our youth website [whybother.org.uk/learn](http://whybother.org.uk/learn). If you have time, let us know what you think of our website and get a freebie (this will be sent to your school, so include your teacher's name as well as your own class and school address if you are under 16 years old). Mail your suggestions to Schools and Youth Team, Macmillan Cancer Support, 89 Albert Embankment, London SE1 7UQ.

Go through the suggestions for healthy living, using examples from their own lifestyles or people they know (and use the *Keep healthy, be active* teaching pack to support this, along with the *Why Bother?* website).

Talk and write down the kinds of things they can do to get their family and friends and the rest of the school interested in staying healthy and fit and reducing their chance of getting ill. Encourage them to present their ideas in a fun and engaging way. They could design posters to be displayed around the school, make up a role-play which mentions how Macmillan helps people living with cancer, or even hold an awareness event.

## Event idea

This activity could be done while taking part in one of Macmillan Cancer Support's events such as The Big Sports Day, The World's Biggest Coffee Morning, Walk with us, or even your own health promotion or fundraising event for Macmillan. For more details, see [macmillan.org.uk/schools](http://macmillan.org.uk/schools)

(If pupils are affected by cancer, either directly or indirectly, you can order our publication, *Talking to children when an adult has cancer* from [macmillan.org.uk/publications](http://macmillan.org.uk/publications). Alternatively, call our cancer support specialists on **0800 808 00 00** (Monday to Friday, 8am to 9pm).)

[www.macmillan.org.uk/schools](http://www.macmillan.org.uk/schools)

