

Wednesday 10th June

Lesson 2- Living independently Short Course

What do you need?

Pen and Paper

Your mind maps from last week.

Wednesday 10th June

Living Independently- Health and Wellbeing

Learning Objective: To be able to produce a definition for emotional health and well being. To discuss eating healthily and question others on how many portions of fruit or veg they eat a day.



**What do we look at
last week in our
lesson?**

Learning Objective: To be able to produce a definition for emotional health and well being. To discuss eating healthily and question others on how many portions of fruit or veg they eat a day.

Living Independently- Health and Wellbeing

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What is meant by emotional health and wellbeing?

Somewhere on your page can you write your definition in a full sentence.

What is meant by emotional health and wellbeing?

Emotional health and wellbeing describes how we think, feel and relate to ourselves and others and how we interpret the world around us. ... Good **emotional health and wellbeing** is not only about feeling confident and happy, it is also about being positively engaged with the world and having a strong sense of self esteem.

Learning Objective: To be
on how many portions of fru

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ating healthily and question others

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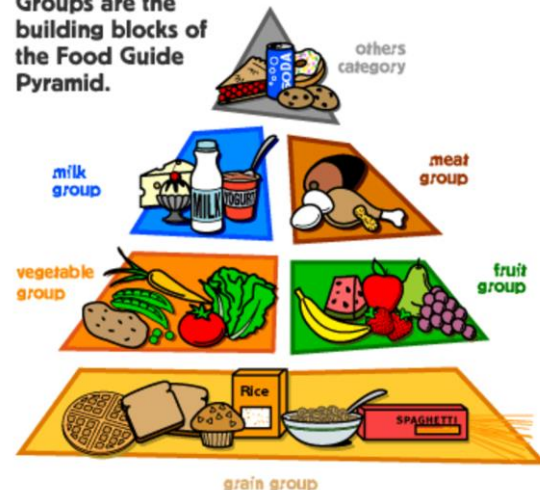


What does eating healthy mean?



Food Guide Pyramid

The Five Food Groups are the building blocks of the Food Guide Pyramid.



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Learning Objective: To be able to explain how many portions of food you should eat each day and how to eat healthily and question others



Food Guide

The Five Food Groups are the building blocks of the Food Guide Pyramid.



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Your Task:

To design and complete a questionnaire to find out how many portions in average people each day.
At least 10 people!



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Your Task:

1. Create a table to be to record 10 responses.
2. Use your findings to produce a graph.
3. Explain your results.

