

Wellbeing Week



Wellbeing Week

Eat



The Eatwell Guide

In the UK, the healthy eating model is known as the Eatwell Guide.



Wellbeing Week



The **Eatwell Guide** shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet.

The proportions shown are representative of food eaten over a day or more, not necessarily at each mealtime.

Choose a variety of different foods from each food group to help get the wide range of nutrients the body needs to stay healthy.



Wellbeing Week



The food groups

Fruit and vegetables

Potatoes, bread, rice, pasta and other starchy carbohydrates

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

Dairy and alternatives

Oils and spreads



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Wellbeing Week



Eat at least 5 portions of a variety of fruit and vegetables every day.

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible.

Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily).

Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options.

Choose unsaturated oils and spreads and eat in small amounts.

Drink 6-8 cups/glasses of fluid a day.

If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts.



Wellbeing Week - QUIZ



1. How much fibre are adults recommended to consume per day?

10 grams

19 grams

25 grams

30 grams

2. Which one of the following food groups is not essential for health?

Oils and Spreads

Foods high in fat, salt and sugars

Potatoes, bread, rice, pasta and other starchy carbohydrates

Dairy and alternatives

3. True or false? Diabetics should not follow the Eatwell guide as they require special diets.

True

False

4. How many portions of fish are we recommended to consume per week?

0 portions

1 portion

2 portions, one of which is oily

At least 4 portions, of which 2 are oily



Wellbeing Week - QUIZ



5. Which of the following counts as 1 of your 5-A-DAY?

Strawberry Jam

Fruit/vegetable juice or smoothies (150ml)

Potatoes

All of the above

6. How much fluid should you aim to consume per day?

1-3 glasses

4-6 glasses

6-8 glasses

As much as you can

7. Why is it not recommended to consume over 150ml of fruit/vegetable juice or smoothies per day?

As they are high in free sugars

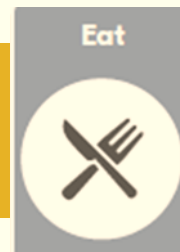
As they are high in vitamin C

Because only water counts towards your fluid intake

As they never count towards your 5-A-DAY



Wellbeing Week - QUIZ



8. Which of the following would help increase your fibre intake?

Increasing consumption of wholegrains

Choosing a high fibre breakfast cereal

Eating more fruit and vegetables

All of the above

9. True or false? Children under 2 should not drink low fat milk.

True

False

10. Why is butter not included in the 'oils and spreads' section of the Eatwell Guide?

As it is low in saturated fat

As it is high in saturated fat

As it is high in unsaturated fat

As it is commonly eaten



Wellbeing Week - QUIZ



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Wellbeing Week 2



Wellbeing Week

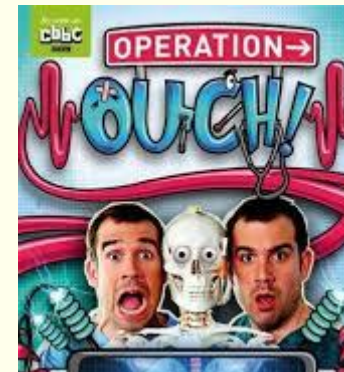


Diet and behaviours

What you eat not only affects your physical health, but also your mental health and your ability to concentrate.

Here's a short video from 'Operation Ouch' that investigates what happens when a group of school students change their diets...

<https://www.youtube.com/watch?v=QNeiwTFqx4w>



Wellbeing Week



What is Exercise?

Exercise is any type of physical activity undertaken primarily to improve one's **health**.



Task: Discuss in pairs – when was the last time you 'exercised' with the sole purpose of improving your health?



Wellbeing Week



Health is defined as 'A complete state of **physical**, **social** and **mental** wellbeing, and not merely the absence of disease or infirmity.'



Task: Class Game – State a **physical**, **social** or **mental** benefit of exercising on your whiteboard. Don't show anybody your answer!

When everyone is ready, your teacher will ask you to show your answers. The aim of the game is to not get the same answer as anybody else in your class, but your answer must be on the next slide to win.



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Physical Benefits	Social Benefits	Mental Benefits
Decreased Blood Pressure	Team sports allow us to spend time with friends	Serotonin is released which makes us 'feel good'
Reduced risk of heart disease	Meet new like-minded people	Improved self-esteem / self confidence
Reduced risk of stroke	Friendship	Relieves stress
Reduced resting heart rate	Sense of belonging	Brain releases endorphins
Improved CV fitness	Less loneliness and isolation	Sense of achievement
Weight control	Improve social skills	Enjoyment
Improved muscular strength / endurance	Improve teamwork skills	Gives you an aim to work towards
Reduced risk of type 2 diabetes	Improve communication skills	Psychological challenge
Reduced risk of some types of cancer	Improve leadership skills	Lower risk of psychological illness

Wellbeing Week



How much Exercise should a young person do each day?



Task: Imagine there is a sliding scale / continuum within your classroom. At one end of the scale is 0 minutes, at the other end is 120 minutes. Stand along the continuum to show how many minutes of exercise you believe a young person should do every day.



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How much Exercise should a young person do each day?

Answer: In order to have a positive impact on their health, the NHS recommend that young people need to partake in **60 minutes of physical activity or exercise every day.**

They need to do 2 types of physical activity each week:

- **aerobic exercise** to maintain CV health
- Weight bearing exercises to **strengthen their muscles and bones**



Wellbeing Week



How much Exercise do YOU do each day?



Task: Repeat the continuum task, but this time stand along the continuum to show how many minutes of exercise / physical activity you do per day.

What is the class average?

Are you meeting the NHS recommendations for staying healthy?



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Exercise



How can you ensure you get 60 minutes of exercise / physical activity every day?



- 1) Work hard in your PE lessons (2 hours per week)**
- 2) Participate in extra-curricular sports clubs at school**
- 3) Join a sports / dance club outside of school**
- 4) Set aside time to go to the gym / exercise at least twice a week.**
- 5) Ride your bike to school at a higher intensity (to raise your heart rate)**
- 6) Walk to school at a fast pace (to raise your heart rate)**
- 7) Build exercise into your daily routine**



Wellbeing Week 3

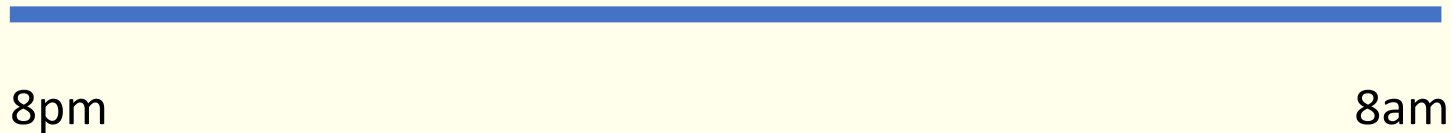


Wellbeing Week - sleep



How long do we sleep for?

Ask each member of the class to mark on the line when they go to sleep and when they wake up
(Think about an average school day – just an estimate!)



Are there any patterns in this class data?

Roughly how long do most people spend in bed?



Wellbeing Week - sleep



Sleep – what do you already know?

Discuss your group answers and note them on a whiteboard. Answers revealed later.

Sleep

1. How much sleep does someone your age need?
2. Give three effects of a lack of sleep.
3. What R.E.M. sleep and give two reasons why it is important.
4. Give four things that might stop someone sleeping well or falling asleep.
5. Give three foods or drinks that should be avoided to improve sleep.



Wellbeing Week - sleep

Sleep



Enjoy and Relax



Kindness

High Standards

Hard Work

Wellbeing Week

Sleep answers 1

Sleep



Enjoy and Relax



Sleep

1. How much sleep does someone your age need?
2. Give three effects of a lack of sleep.
3. What R.E.M. sleep and give two reasons why it is important.

1. 9-10 hours per night on average

2. Mood swings/being short tempered or impatient with others, forgetfulness, tiredness leading to problems or mistakes in day-to-day activities, trouble concentrating, dozing off inappropriately, problems with anxiety and self-esteem. Others: heart conditions, diabetes, injury or death!

3. Rapid Eye Movement (REM) sleep is when the brain is active, and we dream. This sleep is good for lots of reasons, particularly brain development and protection, memory and emotional health. It is also known to help with physical health as cells are restored – it is linked to our immunity to germs.

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Sleep answers 2



4. Give four things that might stop someone sleeping well or falling asleep.
5. Give three foods or drinks that should be avoided to improve sleep.

4. Environment: temperature/noise, discomfort in bed, pain/injury, stress/anxiety, medical sleep conditions.

5. Sugary foods, chocolate and any food or drink that contains caffeine (tea/coffee etc). Eating a big meal can make it difficult to get to sleep. Alcohol can stimulate the brain and keep people awake – it also dehydrates (makes people thirsty.)



Wellbeing Week

Sleep



Enjoy and Relax



10 sleep tips for teens



Sleep tips – tell your partner which one you need to work on.

FOR MORE HELP:

Speak to your SSO or visit the Teen Sleep Hub: <https://teensleephub.org.uk/>

Wellbeing Week

Sleep



Enjoy and Relax



Lots of people who struggle to sleep use relaxation strategies to help. Think about the last time you spent some time focusing on relaxation. Did you do a specific relaxation activity? Here are some suggestions of things you could try to help you relax.

