

Healthy Options

Key Stage 1
Healthy Living

Instructions

Time- 20 Minutes

Using the picture cards and working on their own, as a class or in groups. Ask the students to decide which the healthiest option is.

This should get the students thinking about the choices that they make and how to make healthier ones.

It should also give students an idea of what food and activities are healthy.

Use the cards. Discuss the potential consequences of choosing one of the less healthy options. This could be smoking 20 cigarettes a day, or eating burgers everyday.



Healthy Options 2

What's a safe level of salt for a person to have in a day?

60g

6g

600g



Healthy Options 3

What's the healthy option?

Running for half an hour per day?

Watching TV for half an hour per day?

Eating cakes for half an hour per day?



Healthy Options 5

What's the healthy option?

Eating burger and
chips and fast food
every day?

Eat only lettuce and
nothing else?

Eating burger and
chips once every
couple of weeks and
eating a varied diet
the rest of the time?

