# Healthy Options

Key Stage 4
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 1

What's the healthiest option?

# 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 4

What's the healthy option?

Not smoking at all?

Smoking 1 or 2 cigarettes a day?

Smoking 20 cigarettes a days?

# 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?