

**E4S KS2 Eating well and being active - Healthier lifestyle choices**

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| **Cornerstone:** | PHWB |
| **Concept:** | Eating well and being active |
| **Theme:** | Healthier lifestyle choices |
| **Key Questions:** | Teachers have used the questions and statements from the E4S curriculum to plan lessons on being safe, which are delivered throughout the year according to the school’s scheme of work. This is what your child will be learning about in the upcoming scheme of work:* What sorts of choices might people make each day?
* How do we know if the choices we are making are healthy?
* Who makes these choices and what helps us to make them? (food, drink etc.)
* What does it mean to live a ‘balanced’ lifestyle?
* What factors of our lives contribute to making them physically healthy? (food, activity, inactivity)
* How can we influence these ourselves? (food choice, food prep, inactivity, activity)
* What are the risks and impact of an unhealthy and inactive lifestyle?
* What does it mean and feel like to have had or done ‘too much’ and what is the impact of this? (sweets, food, activity)
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| **Questions to consider with your child:** | Why is it important to keep our bodies and minds healthy?What choices can you make to keep yourself healthy?What can you do to make sure that you have a healthy balance between keeping active and finding time to relax?What could happen if you don’t keep yourself healthy and live a ‘balanced’ lifestyle?Who can ask for help if you are finding it difficult to manage a ‘balanced’ lifestyle? |
| **Suggested Resources for parents:** | Please find additional support and guidance below in relation to healthier lifestyle choices.[NHS - Healthier Families](https://www.nhs.uk/healthier-families/)[nidirect - Healthy Eating for Children](https://www.nidirect.gov.uk/articles/healthy-eating-children)[The School Run - Keeping Healthy](https://www.theschoolrun.com/homework-help/keeping-healthy)[The School Run - How to keep your family fit and active](https://www.theschoolrun.com/how-keep-your-family-fit-and-active)[NHS - Mental Health Advice and Support](https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/) |