

## Health and Wellbeing

## Relationships

### HEALTHY EATING PLATE

**HEALTHY OILS**  
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

**WATER**  
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

**VEGETABLES**  
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

**FRUITS**  
Eat plenty of fruits of all colors.

**WHOLE GRAINS**  
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

**HEALTHY PROTEIN**  
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

**STAY ACTIVE!**  
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How can we make **informed decisions** about our health?

What are **the benefits** of a healthy diet?

What can affect our health in a **positive or negative way**?

How do we set ourselves **goals**?  
 What are we good at?  
 How do we manage **complex feelings**?  
 How do we cope when we feel **grief**?  
 How will my body change during **puberty**?



How do I manage my **personal safety**?

How do I stay safe with **technology and online**?

### Feelings



How do I **respond** to other people's feelings?

What are **consequences**?

How do we work **collaboratively**?

How do we learn to **negotiate, compromise** and give **feedback**?



How do we practise **listening** to others?

What is a good listener?

What do I do if I feel **concerned**?

How do I **challenge** someone when I don't agree with something?

Living in the Wider World

What are The Rights of the Child?  
How does UNICEF support these?  
What rights do we enjoy that others don't?  
How can I support the rights of others?  
What rights do I have in British Law?  
What is meant by anti-social behaviour?  
How do we resolve differences?

Why is **money** important in people's lives?

What is a **critical consumer**?

How do I **manage** money?

What is an **interest loan**?

What is **debt**?

What is **tax**?

What are my **rights, responsibilities and duties with the environment**?



Religious Education



Why do some people think that **God** exists?

What would Jesus do? (**values**)

If God is everywhere, why go to a **place of worship**?

Is it better to **express your beliefs in art and architecture** or in **charity and generosity**?

What matters most to **Christians** and **Humanists**?