

Healthy lifestyle

 learn.kids4all.eu/en/tg1/know-what/healthy-lifestyle

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Primary tabs

Small actions can change everything! They become habits and affect the health of our minds and bodies. The good news is that you can choose your actions!

Before diving into the learning unit, test your knowledge together with your buddy: scroll down the page and take the quiz!



Now watch the video and read the text!

Small choices become actions,

actions become habits,

and habits become our way of life

So, what will YOU choose?

Health is a state of physical, mental and social well-being.

The following factors can affect personal health:

- diet
- physical exercise
- adequate sleep
- mental health awareness.

One's habits and everyday choices can shape their lives and affect their well-being.

Think about your own habits and choices! Do you have anything you would like to change?

Together with your buddy, list at least 5 things that you could do to improve your well-being!



Click here and read the recommendations on following a healthy lifestyle and a healthy diet!



Step 1

Along with your buddy, put together a menu including meals for a day by referring to what you have learnt about following a healthy diet!

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Step 2

Team up with other buddy teams, discuss your daily meals and create a menu of meals for a week!

Done?

Tip: Think about meals you usually consume! This will be a great experience for everyone as they acquire new ideas of meals to plan.

If you want your content to be in the KIDS4ALL gallery, please ask your educator to upload it in the work.it area.



Click here and watch the movements being presented! Try this out! Stand up and try to follow these stretching exercises!



Make your voice heard!

What was the most interesting thing you learnt in this unit? Share it with others by creating a postcard with your buddy.



How did you feel during this activity?

Discuss this with your buddy and exchange ideas.

Now answer the following question:

Is there any new habit you would like to adopt? Which one is it? Create a postcard about it and have it uploaded!

Download the free KIDS4ALL app and your wish comes true!



Share postcards

Files must be less than **2 MB**.

Allowed file types: **gif jpg jpeg png**.

And now, what do you want to learn more about?

gif maker