



Health & hygiene


L Lower

- **Lesson 1: A balanced diet**
- **Lesson 2: Growing up: how we change**
- **Lesson 3: Healthy bodies**
- **Lesson 4: Healthy bones**
- **Lesson 5: Organs of the human body**
- **Lesson 6: Feel good, look good**
- **Lesson 7: About drugs: where they come from – are they safe?**

U Upper

- **Lesson 8: A healthy heart**
- **Lesson 9: Obesity**
- **Lesson 10: Growing up: adolescence**
- **Lesson 11: Appropriate and inappropriate touching**

Lesson 9: Obesity

U  30-35 mins

Aim

To help children understand the damage that can be caused to their bodies by eating too much of the wrong food types.

Learning outcomes

Children should be taught:

- to talk and write about their opinions, and explain their views, on issues that affect themselves and society;
- what makes a healthy lifestyle, including the benefits of exercise and healthy eating ... ;
- to make informed choices (for example, about issues affecting their health and well-being).

Resources

None required.

Activity

NB: Teachers will need to be sensitive to children in their class who may be overweight or obese.

There is an additional lesson on Eating disorders in the Addiction section of **Mental health and emotional well-being**.

Remind children about the work they have already done on healthy eating.

Ask:

Key Questions ?

*What is meant by a healthy diet?
What foods and drinks do you think a healthy diet should include?*

Discuss healthy eating, re-emphasising the components of a balanced diet.

Reinforce their understanding of the foods that are usually classed as 'unhealthy', such as crisps, pizza, fizzy drinks, takeaways, etc., making the point that these all contain lots of fat and salt.

Remind children that it is okay to have these foods as a treat, but that we shouldn't eat them every day.

Explain that:

- if we eat too much food that is bad for us and don't do enough exercise, then our body stores the intake as fat, which usually sits around the stomach area;
- people who eat lots of unhealthy foods and don't take regular exercise can become obese – very overweight.

Invite suggestions on:

- why people may become obese – e.g. driving in a car rather than walking, jobs that involve being seated at a desk, rather than out in the open air, stress, illness, depression, etc.
- any problems an obese person may face – e.g. not being able to walk or run, health problems, clothes not fitting, etc.

Point out that it's hard to feel good when your body has too much weight to carry. Being overweight or obese can make it harder to breathe and sleep. It can make a person feel tired and cause aches or pains. A weight problem can also make you embarrassed, sad, or even angry. When people feel bad, they may eat even more because food can be comforting. Moreover, if people become overweight it can cause serious health problems such as heart attacks, heart disease or type 2 diabetes.

Remind children that if someone is overweight, it is unkind to make jokes or laugh at them, as this would hurt their feelings just as it would if someone said something hurtful about you.

Further suggestions

Ask the children to design a poster on the theme of healthy eating and/or exercise.