

WHAT IS A HEALTHY LIFESTYLE?

Indicators

- Reads information about a healthy lifestyle.
- Critically analyzes examples of lifestyles and suggests improvements.

Teacher information

- Getting regular exercise and adequate sleep, and balancing the demands of work and school with relaxation help to provide a balanced, healthy lifestyle. More emphasis on one area while neglecting another causes stress, poor health and the inability to cope with the demands of daily life.
- Today it is increasingly common for both parents to work outside the home. Students may be aware that this situation can lead to their parents not maintaining a balanced lifestyle.
- Most experts agree that the basic requirements for sleep for specific age groups are:
 - 5 years of age..... 11 hours
 - 10 years of age..... 10 hours
 - 16 years of age..... 8.5 hours
- Read and discuss the information text with the students. They can then read the descriptions and rate the lifestyles as a partner activity.

Additional activities

- Students form small groups to discuss different aspects of the four areas of a healthy lifestyle. Students divide a large sheet of paper into four equal parts and label the sections "Diet," "Exercise," "Relaxation" and "Sleep." In each section, students record their thoughts and ideas. These may include being able to eat takeout foods in moderation, being more active rather than having to join a sports team, or suggestions for leisure-time activities. Students report to the class. Ideas can be collated to form posters.
- Students write descriptions of a very unhealthy lifestyle and a very healthy lifestyle. Share with a classmate and compare. Discuss the reality of having a totally healthy lifestyle, including such things as no television or computer, and no junk food or takeout!
- Students find articles in newspapers and magazines about people with varying lifestyles. Students critically examine and write a report of the advantages and disadvantages of two particular lifestyles.

Answers

Teacher check



A HEALTHY LIFESTYLE

What Is a Healthy Lifestyle?

Our lifestyles today are very busy. We have family, school, sports, leisure and social commitments to fit into a limited time. We need to be healthy to cope with the demands of daily life. But what does it mean to have a healthy lifestyle?

To have a healthy lifestyle, we need to:

- *eat a variety of healthy food most of the time*
- *get regular exercise*
- *have time to relax*
- *get adequate sleep to give our bodies time to recover and grow*

It is important to balance these aspects of life, rather than putting more emphasis on one than another.



1. Read the descriptions below of a normal day in the lives of two children.

Abbey gets up at 7:00 am, feeds the dog, and has cereal and a glass of juice for breakfast. She walks to school with her friend, Julia. She has a package of chips for a morning snack, drinks water from the water fountain, and has a chicken and lettuce sandwich with a banana for lunch. She likes to play soccer with her friends at lunch and morning break time. She walks home with Julia, has some crackers with cheese and fruit juice for afternoon snack and plays with the dog for a while. She plays computer games for an hour or two before dinner, then has a shower and does her homework. She watches her favorite television show for an hour, then usually goes to bed at about 9:30 pm.

Carl gets up at 8:30 am and has two slices of toast with jam with a glass of milk for breakfast. His mother drives him to school on her way to work. He eats cookies and a packaged fruit drink for morning snack and a pot pie ordered from the school cafeteria with a fruit drink for lunch. He likes to play card games with his friends at lunchtime and climb the fixed equipment at morning break time. He catches the bus home, has a cereal bar and a can of soda for afternoon snack, then watches some television. He has a shower before dinner, then plays the computer for an hour or two. He goes to bed at about 10:30 pm.

2. Use the key below to rate the different aspects of the two lifestyles, then suggest possible improvements.

1—healthy 2—could be improved 3—unhealthy

Health aspect	Abbey	Carl	Any suggested improvements?
Diet			
Sleep			
Exercise			
Relaxation			

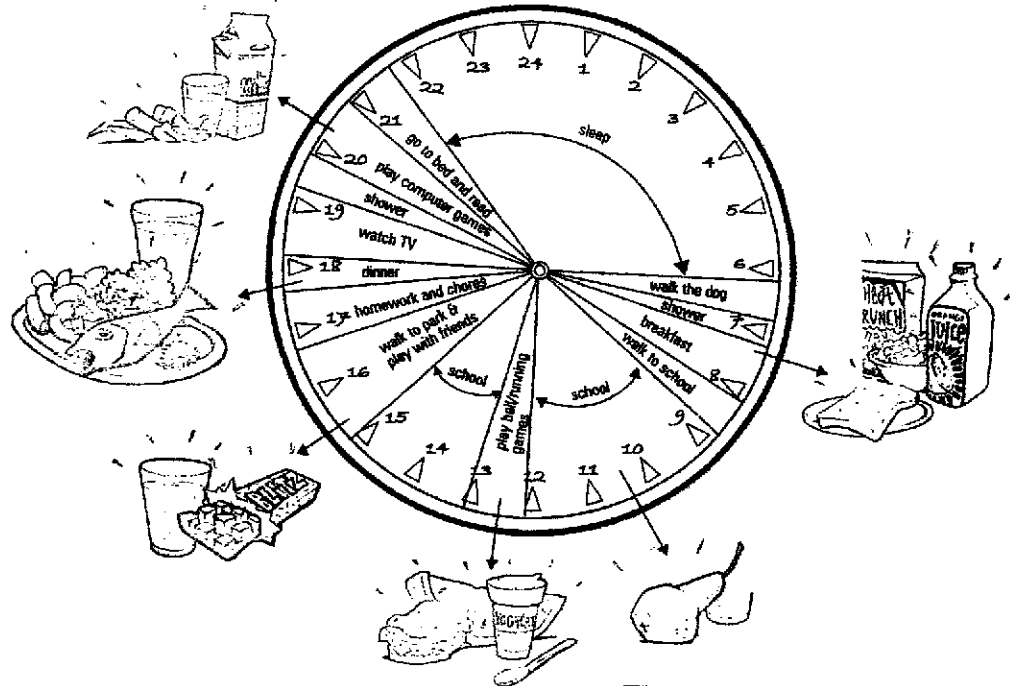
HEALTH CHALLENGE

Record a day in your own life and complete the table above to rate your own lifestyle.

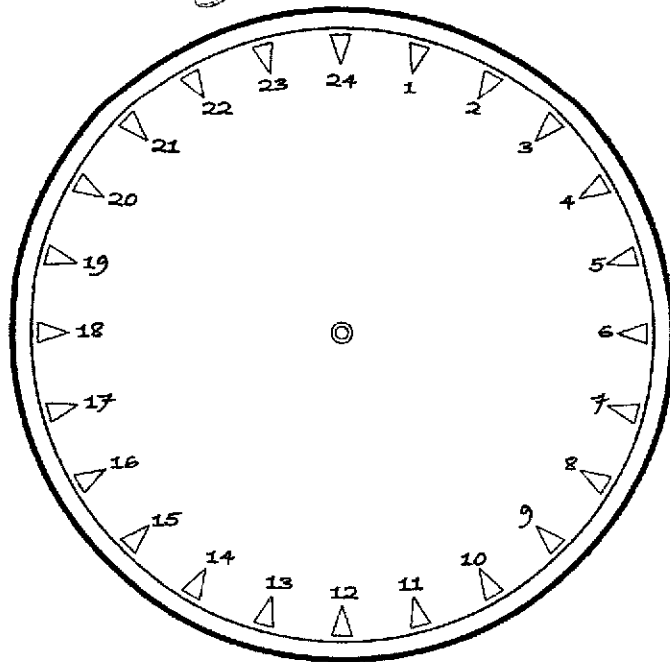


How Do You Manage Your Day?

1. Look at the first clock. It shows a day in the life of a healthy student including the food and beverages consumed for meals and snacks.



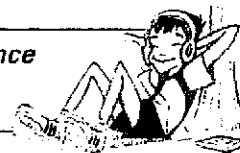
2. Complete this clock to show a typical school day for you.



3. Discuss how your clock compares to the one above.

HEALTH CHALLENGE



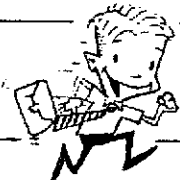
Manage your time so that your day has a balance between active and sedentary activities.



A HEALTHY LIFESTYLE

Older Person Interview

1. Complete the "Me" side of the table to describe what physical activities you would do and what you would eat on your favorite day of the school week.
2. Interview an older person about what he/she used to do and eat when he/she was a child.

		Me	
Before school			
Physical activities			
Food			
During school			
Physical activities <i>(recess and lunchtime)</i>			
Food			
After school			
Physical activities <i>(before dinner)</i>			
Food <i>(any snacks before dinner)</i>			

3. Discuss your answers with the class.

HEALTH CHALLENGE

Learn some outdoor games your grandparents played when they were young.

