

Basic

Teaching aim

To get the children to think about why their bodies need food and exercise.

Memory verse

Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. Genesis 1:29

Activities

- Under 8s Activity Sheet "Healthy Living - 1".
- Over 8s Activity Sheet "Healthy Living - 2".

Resources

Music

- JP 311 At harvest time we celebrate
JP 395 It takes an Almighty Hand

Prayer points

Thank God for:

- Good health.
- All the different kinds of food He provides.

Pray for:

- Those who do not have enough of the right food.

Choices to make

Healthy Living

Fit for life

Genesis 1:26-29

Setting the scene

Do you know what the word 'healthy' means? It means that your body is working properly and you feel well. We are going to look at two ways of keeping your body healthy - food and exercise.

Food

We must remember that it is God who provides food for us - read Genesis 1:29.

He has made our bodies so that we need healthy food to stay well. He made fruit trees and provided the right kinds of food. Can you name some fruits that grow on trees? - apples, pears, bananas, oranges etc.

He also made wheat - do you know what it is used for? - flour for bread.

What different kinds of food do you like?

Do you know which of your favourite foods are healthy and which are not?

To allow your body to work properly it needs what is known as 'a balanced diet'. That means we should not eat too much of one type of food like cakes and sweets but eat some of each type, especially fruit and vegetables.

Can you think of foods that are unhealthy? - chips, crisps, sweets etc.

Can you name some foods that are healthy? - rice, potatoes, peas, carrots, apples, pineapples, bananas, wheat etc.

Exercise

Exercise is a good way to help you stay healthy.

How does exercise help? It keeps

- your heart healthy
- your muscles strong and
- your whole body fit.

What is your favourite sport? Do you like to play it yourself or watch it on TV? Taking part in a sport is a good way to stay healthy.

Can you think of some fun ways to exercise? - skipping, running, playing football, swimming, cycling.

If you want to feel fit, healthy and energetic, you should try to have three lots of twenty minutes exercise each week. You may find it difficult to get started but, once you do, you will enjoy being fitter..

Getting involved

When you go to the supermarket with your parent or other relative, have a good look at the different types of food and see if you can tell whether or not they are healthy. You must remember that you do not have to diet to keep healthy. Meals now offered in school will help you to eat the right things. It may take some time getting used to them but they will be good for your body and help to keep you healthy.

Ask yourself the following questions to see how well you take care of yourself.

- Do you play sport or exercise regularly?
- Do you take the stairs instead of a lift or escalator?

If you can answer 'Yes', you will do well. If you answer 'No', you need to think about changing. Why not get an 'Exercise Diary' and fill in at least one form of exercise you will do for at least three days each week. You need to keep fit for the future and now is the time to start.

Summing up

If you want to be healthy, you need to eat the right kind of food and do some exercise. This does not mean that you need to take less food than your body needs.

You should try to eat the foods which are good for your body. Remember God has provided everything we need to stay fit and healthy.

You should also try to have some fun ways of exercising so as to keep your heart healthy, your muscles strong and your whole body fit.

Healthy Living

Colour the healthy foods green and the unhealthy foods red in the pictures below.



Make a healthy meal from them.

Main meal: _____

Dessert: _____

Unjumble the words below to find some healthy foods that God has given us.

1. leppas _____
2. saannab _____
3. ganores _____
4. parges _____
5. rnco _____
6. teawh _____
7. satoepot _____
8. cier _____

Something to do

Take a paper plate and stick pictures of food on it to make a healthy meal.

Healthy Living

Food

Put a tick in the box next to your answer.

1. What does healthy living mean?

- a) To do things that are good for your body
 b) To do things that are bad for your body.

2. Tick three healthy foods.

- a) chips b) potatoes c) crisps d) apples e) raisins

3. What does flour come from?

- a) corn b) chemicals c) apples

4. Tick three unhealthy foods.

- a) chocolate b) bananas c) salad d) sweets e) sugar

5. What is a balanced diet?

- a) Eating lots of one type of food b) Eating a balance of all types of food

6. Which of these foods is the healthiest?

- a) chips b) jacket potato c) chocolate

Exercise

7. Which of these is a form of exercise?

- a) Sitting watching television b) Riding a bike c) Sleeping

8. What does exercise do for your heart?

- a) Makes it weaker b) Makes it stronger c) Makes no difference

9. What happens to calories when you exercise?

- a) Nothing b) They get used up c) They make you fat

10. Which is best for your health?

- a) Driving a car b) Playing on a computer c) Walking

11. How much exercise should you do in a week?

- a) 3 lots of 20 minutes b) None c) 40 hours

12. Use the letters below to finish the sentence:

Regular exercise will make you feel _____
 n g t e c i e r e