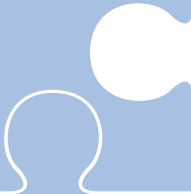


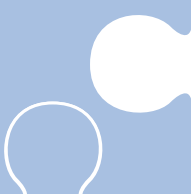

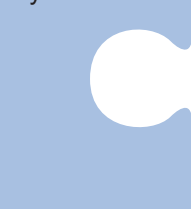


# Healthy Me

## Puzzle Overview - Year 5

Puzzle 4 Healthy Me	Puzzle Outcome Help me fit together the six pieces of learning about Healthy Me to create 'TheHappy, Healthy Me Recipe Book'	
Pieces		
1. Smoking 	I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.	I can make an informed decision about whether or not I choose to smoke and know how to resist pressure
2. Alcohol 	I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart	I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure
3. Emergency Aid 	I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations	I know how to keep myself calm in emergencies
4. Body Image 	I understand how the media and celebrity culture promotes certain body types	I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am
5. My Relationship with Food <b>Assessment Opportunity</b> ★ 	I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures	I respect and value my body
6. Healthy Me 	I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy	I am motivated to keep myself healthy and happy