

# Healthy Me

## Puzzle Overview - Year 6

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. Food	I know the impact of food on the body, e.g. creating energy, giving comfort and altering mood	I am motivated to give my body the best combination of food for my physical and emotional health
2. Drugs	I know about different types of drugs and their uses and their effects on the body particularly the liver and heart	I am motivated to find ways to be happy and cope with life's situations without using drugs
3. Alcohol <b>Assessment Opportunity</b> ★	I can evaluate when alcohol is being used responsibly, anti-socially or being misused	I can tell you how I feel about using alcohol when I am older and my reasons for this
4. Emergency Aid	I know and can put into practice basic emergency aid procedures (e.g. the recovery position) and know how to get help in emergency situations	I know how to keep myself safe to avoid emergencies and also how to deal with emergencies if they happen
5. Emotional and Mental Health	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness	I know how to help myself feel emotionally healthy and can recognise when I need help with this
6. Managing Stress	I can recognise when I feel stressed and the triggers that cause this and I understand how stress can cause alcohol misuse	I can use different strategies to manage stress and pressure