

Lesson: Health and well-being	Comic: 1
Overview of Key Skills To read a range of non-fiction critically To plan, draft and proofread	Cross-curricular links PE Science C&N PSHE ICT
Learning Objectives:	To make inferences and refer to evidence in the text To summarise and organise material To appreciate the use of editing skills in order to make a text clear, informative and interesting for a reader To express informed, personal responses to tasks To pay attention to accurate grammar, punctuation and spelling
Key Teaching Points / Research Opportunities	The importance of planning writing Writing for purpose Poster design Research tips for healthy living
Independent Work	<p>Task 1 Read the resource material below and answer all the questions on the worksheet.</p> <p>Task 2 You can choose three people to go with you on your activity weekend. Explain clearly:</p> <ul style="list-style-type: none"> • who you would choose • why you would choose each of these people • why you think each person would enjoy the activity. <p>(Try to think of different reasons for each person you choose.)</p> <p>Name: --- Reasons: ---</p> <p>Name: --- Reasons: ---</p> <p>Name: --- Reasons: ---</p>

	<p>Task 3. Write a story about your activity weekend, after you won the competition. Write about what you saw, what you did, how you felt and what you thought. Write some ideas before you write your story.</p> <p>Task 4 Design a poster to let people know about healthy living. You must research and give this information:</p> <ul style="list-style-type: none"> • why healthy living is important • two things which you should do • two things which you should not do <p>Make your poster as interesting and informative as possible. Make notes for your poster using the following headings:</p> <p>NOTES Why healthy living is important. Things you should do:</p> <ul style="list-style-type: none"> • --- • --- <p>Things you should not do:</p> <ul style="list-style-type: none"> • --- • ---
Plenary	<p>Share your story and poster with your family/group and listen to their feedback Ask them how you could improve your work Redraft if necessary</p>
Resources, including ICT	<p>Worksheet and resource Paper and colour pens/pencils ICT</p>
Key Questions	<p>Have I explained my choices clearly and given valid reasons? Is my story interesting and entertaining? Is the poster attention grabbing? Is the poster informative?</p>
Vocabulary	<p>Healthy lifestyle diet</p>
Success	<p>To complete Task 1 accurately</p>

Criteria	To complete Task 2 giving clear explanation To complete Task 3 To produce an appropriate leaflet - content and presentation
Assessment Opportunities	Completed worksheet, story and poster Feedback re poster

WORKSHEET

Read the Resource Material which tells you what you can do at The Healthy Living Roadshow.

1. Read it carefully and then answer ALL of these questions.

(a) What time does the roadshow start?

(b) On what date will the roadshow take place?

(c) How much does it cost to get in?

(d) Where is the roadshow going to be?

(e) How can you contact the roadshow? Give two ways.

(i)

(ii)

(f) List six things which you can do to keep your heart healthy.

(g) (i) What is the most important meal of the day?

(ii) Look at the advice about healthy food and write down three things you might have for this meal.

(h) (i) Choose two ideas about how to look after yourself.

1.

2.

(ii) Explain why you think these are important.

1.

2.

(i) (i) Do you think people will want to enter the competition?

(ii) Give reasons for your answer.

2. (a) Fill in this competition entry form to win an activity weekend for four people.

HEALTHY LIVING ROADSHOW

Coming near you soon!

COMPETITION ENTRY FORM

USE BLOCK CAPITALS TO THE END OF YOUR ADDRESS

YOUR SURNAME ---

YOUR FIRST NAME(S) ---

YOUR DATE OF BIRTH: --/--/--

YOUR ADDRESS:

Line 1 ---

Line 2---

Line 3 ---

Line 4 ---

POSTCODE: ---

Why do you think you should win this competition?

Signed: ---

(b) For this part of question 2 you will need the Resource Material.

You have to post your competition entry form.

Write the correct address as you would on an envelope.

3. You have won the competition and are keen to go on your activity weekend.

You email a friend to share the news.

Fill in the missing words in the blanks labelled (i) - (v).

Choose 5 from the list below.

will, activity, form, believe, not, hotel, three, fun, want

To: ---

Subject: I've won!

I can't (i) that I've won the "Healthy Living" competition. All I had to do was fill in the entry (ii) and design a poster!

I have decided to go to a (iii) where you can go riding, sailing, cycling and swimming. I can take (iv) people with me so would you like to come? Everything (v) be paid for. All we have to do is bring lots of energy! I've wanted to get fit for a long time so this will be a great start!

RESOURCE

HEALTHY LIVING ROADSHOW

Coming near you soon!

Come and see healthy meals being cooked

Fuel up on healthy food:

eat 5 fruit and vegetables every day

eat plenty of wholegrain bread and cereals

eat *less* sugar and salt

eat fresh food

drink lots of water.

Remember that a healthy breakfast is the most important meal of the day.

Visit our Exercise Area ...

... small steps can make a difference!

For a healthy heart you need plenty of exercise.

playing sport

swimming

dancing

running

walking

cycling

Meet our lifestyle coaches

Look after yourself by:

- having a good night's sleep - at least 8 hours every night
- staying safe in the sun - use sun-cream and always wear a hat
- wearing a helmet on your head when riding your bike
- always telling your parents where you are going
- never giving your contact details in chat rooms.

Join us on March 20th 2021 at People's Park, Oldport

Starts at 10 am

Entry free!

We will be there to give you help and fun ideas for a healthier lifestyle.

Did you know that ... taking exercise, eating enough fruit and vegetables, not drinking too much alcohol, not smoking ... can help you live a long and healthy life?

Contact us at:

Tel: 0123 987654

email: healthylivingroadshow@freeline.co.uk

COMPETITION

Win an activity weekend at a hotel of your choice for yourself and three other people.

Every person entering the competition will have a free "Healthy Living" keyring.

All you have to do is design a "Healthy Living" poster to show people in your area how to live healthier lives.

Send your poster, along with the entry form, which can be picked up when you come to the roadshow, to:

Healthy Living Roadshow, Freepost, P.O. Box 22, Oldport, OP16 2MW

Closing date April 30th 2021.