

## Introduction to Healthy Living Unit



One of the units you will be doing on your course is Healthy Living.



Make a mind map to identify as many factors as you can which contribute to a healthy lifestyle:

List 3 benefits of a healthy lifestyle:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Activity:

Create a poster to encourage primary school children to have a healthy lifestyle

Do some research into healthy living. Write at least 100 words in the style of a blog to encourage teenagers to have a healthy lifestyle.



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Well done! We are looking forward to seeing you in September!