

Year 7 PSHE – Health and Wellbeing

The Big Picture:

Can you answer the 'big picture' questions?



- **What** is the Importance of Physical Activity?
- **Why** is my Diet so Important?
- **How** can I Manage my Money?

Add a summary of the lesson alongside each image. Could you link any of the ideas/concepts of the lessons together?



Why do you think it is important that all people get involved in some form of activity?



Here are some of the key words from this topic.
Can you add anymore?
Can you add any definition?

Glossary of Key Terms:

- balanced diet
- benefits
- budget
- carbohydrates
- diet
- exercise
- fats
- fibre
- finances
- mental
- mental health
- money
- physical
- protein
- sleep
- technology
- vitamins
- well-being

CEIAG Link:

For this topic we are studying, we can make links to a variety of professions:
- Nutritionist

If these are something you are interested in, do some research on the profession or speak to Mrs Ackroyd!