

Remember

30

Exercise

We need to do at least 30-60 minutes of exercise each day

9

Sleep

We need between 9-12 hours of sleep each night

5

Diet

We should have at least 5 portions of fruit or veg each day.

Ask someone to pick a number, then ask them the question.

1
What are some healthy foods that you enjoy eating?

2
What is your top tip for being more active?

3
Why do some people find it hard to go to bed/get to sleep early?

4
What active activities do you enjoy doing?

LIVE LIFE TO THE MAX

07. Body

This week we learned:

1. Exercising, sleeping, and eating healthy foods is important for our bodies.
2. These things help our body to recharge, helps to keep us strong and healthy, and helps us to feel happier.

Why not tell one person at home what you learnt about our bodies today!



Watch the film again

www.1010.org.uk

Activity

Experiment with these ideas and see what difference it makes to you in this next week!

Circle the face that matches how you feel after trying something this week.



Tick if you've done it!

Physical Activity

- Set yourself a new exercise plan so over the next month you reach 60 minutes of activity a day.
- Walk somewhere with a friend and an adult.
- Try out a new sport or activity.
- Learn some new dance routines.

Sleep

- Don't use a phone or screen an hour before bed.
- Go to bed on time every night for one week.
- Talk to someone about any issues that you are worried/stressed about.
- Read a book before bed.

Healthy Eating

- Eat a balanced diet
- Reduce or cut out sugary drinks/unhealthy snacks for the week.
- Make sure you eat breakfast
- Eat all your vegetables
- Drink more water.

Your body is amazing. Play this quiz on your own or test a friend or someone you live with.

Body Facts — True or false?

1. Your fingernails grow faster than your toenails
2. Babies are born with 300 bones, and adults have 206
3. Eyelashes last about 100 days
4. The heart circulates your blood through your body about 1,000 times each day
5. You make about 500ml of spit each day
6. The smallest bone in your body is in your nose
7. Your blood has the same amount of salt in it as the ocean does
8. A sneeze blows air out of your nose at 500 miles per hour
9. You are taller in the morning than you are at night
10. You can produce enough saliva to fill one bathtub a year

What different ways can we look after our body?

1. True 2. True 3. False, it is 150 4. True 5. True
6. False, it is your ears 7. True 8. False, it is 100mph
9. True 10. False, it is two bathtubs

Answers