

Ethics and Values

Year 7 Blended Booklet – Autumn 1

Ethics and Values – Year 7

Lesson 2: Healthy Diet

Learning intent: To understand what constitutes to a balanced diet and the benefits

Connection phase

Two tips from
last lesson for maintaining
a healthy lifestyle

Discuss if you have made any changes since the
last lesson



Activation phase

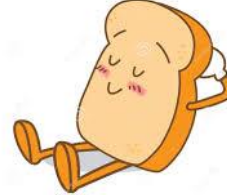


I can describe what constitutes a balanced diet



I can assess the benefits of a balanced diet

What do you think makes up a balanced diet?



<https://www.youtube.com/watch?v=YimuldEZSNY>

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1040kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower
in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and
in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Demonstration phase

RATE MY PLATE:

- ✓ Write down what you ate for your tea last night
- ✓ As a table rate each others meals as to how closely it matches up to the food groups and proportions on the Eatwell plate
- ✓ Agree on a star rating for each person's meal
- ★ – This does not meet the Eatwell guide at all
- ★ ★ ★ ★ ★ – This meal fully meets the Eatwell guide

Design your own Eatwell guide and ensure you include all the nutrients for a balanced diet:

- ✓ Carbohydrates
- ✓ Proteins
- ✓ Fats
- ✓ Vitamins and minerals

Check list:

- ✓ Have you included all of the nutrients needed
- ✓ Have you included examples of food
- ✓ Is it colourful
- ✓ Have you labelled each section

Consolidation phase

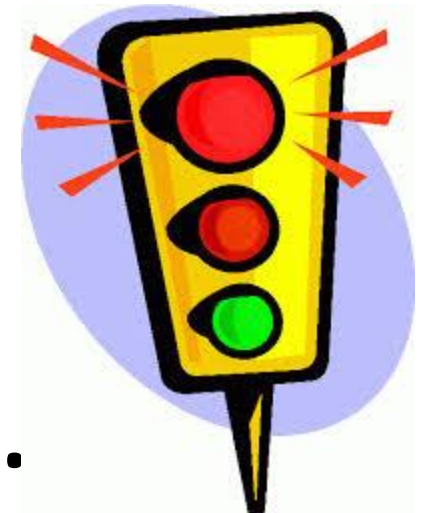
“How can we as a school help promote a balanced diet”

On your plate complete the traffic light with the colour that fits your learning

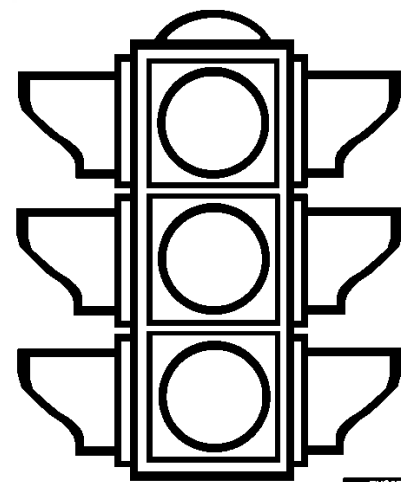
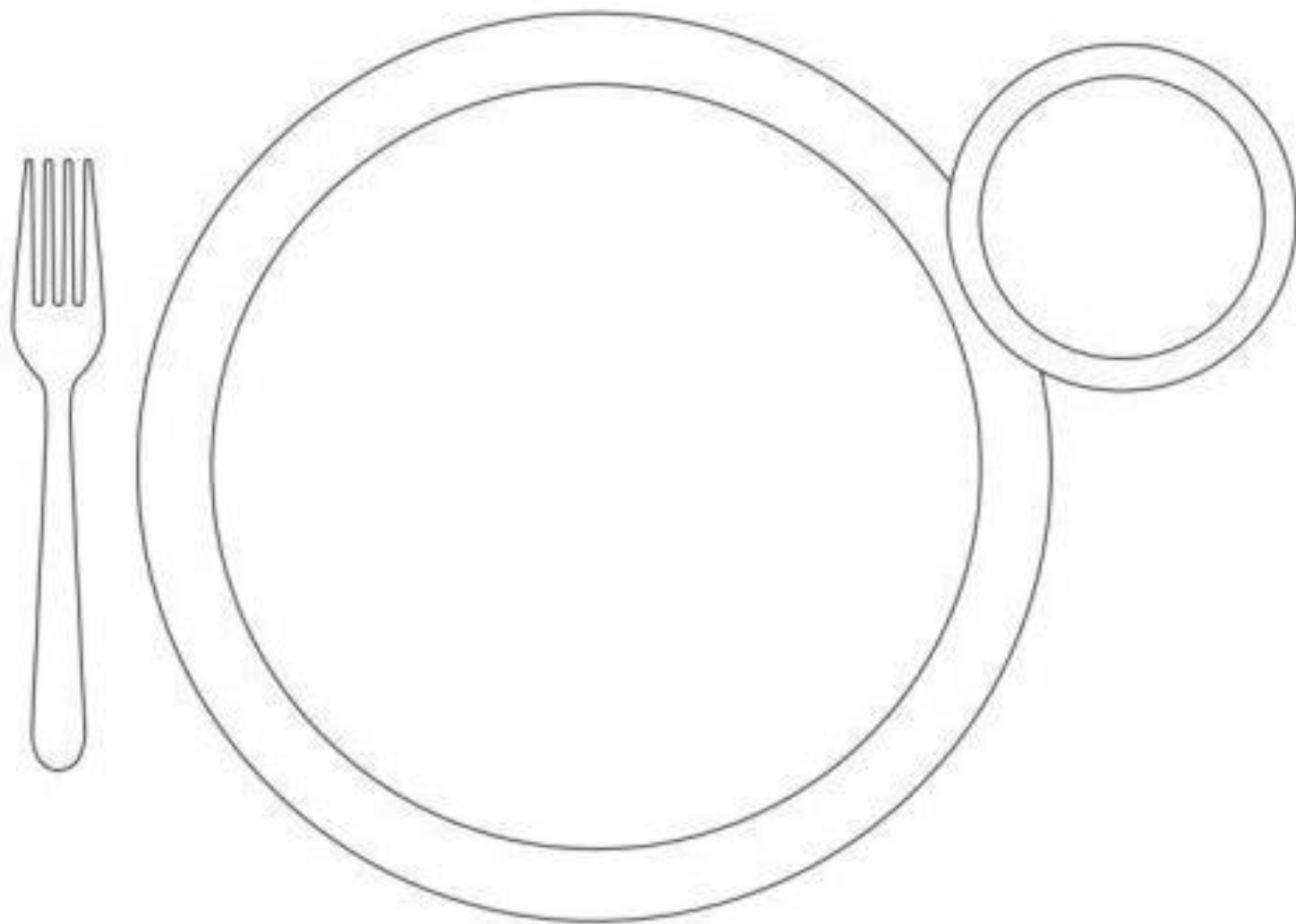
Green: Confident with the topic

Amber: Quite confident but unsure about some areas

Red: You have no idea what has happened this lesson!



Traffic Lights it...



Ethics and Values – Year 7

Lesson 3: Exercise

Learning intent: To understand the different forms of exercise and the benefits behind exercising regularly

Connection phase

Name the main
nutrients
of the Eatwell plate

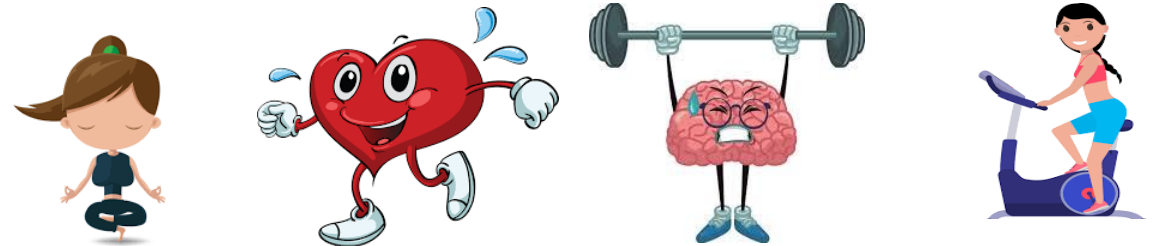
Discuss if you have made any changes to your food
since the last lesson



Activation phase

- 👍 I can describe different types of exercise
- 👍 I can understand why young people should exercise regularly however also suggest why they don't
- 👍 I can devise a scheme to encourage teenagers in Harlow to partake in more exercise and create a persuasive advert for it

Aside from PE in school do you exercise?



New Information

Guidelines for 5 to 18-year-olds

To maintain a basic level of health, children and young people aged 5 to 18 need to do:

- at least 60 minutes of physical activity every day – this should range from [moderate activity](#), such as cycling and playground activities, to [vigorous activity](#), such as running and tennis
- on three days a week, these activities should involve [exercises for strong muscles](#), such as push-ups, and [exercises for strong bones](#), such as jumping and running

Many vigorous activities can help you build strong muscles and bones, including anything involving running and jumping, such as gymnastics, martial arts and football.

Children and young people should reduce the time they spend sitting watching TV, playing computer games and travelling by car when they could walk or cycle instead.



ex|er|cise

NOUN

1. activity requiring physical effort, carried out to sustain or improve health and fitness: "exercise improves your heart and lung power" · [\[more\]](#)
synonyms: physical activity · [movement](#) · [exertion](#) · [effort](#) · [work](#) · [\[more\]](#)



<https://www.youtube.com/watch?v=kfCC3Sjz8Dk>

New information



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Health

Children need more exercise - especially girls, study says

By Nick Triggle
Health correspondent, BBC News

🕒 22 August 2013 | [Health](#) | 🗨️ 724

Half of all UK seven-year-olds do not do enough exercise, with girls far less active than boys, a study suggests.

University College London researchers found just 51% of the 6,500 children they monitored achieved the recommended hour of physical activity each day.

For girls, the figure was just 38%, compared with 63% for boys.

Half of the group also spent more than six hours being sedentary each day, although some of this would be spent in class, the researchers acknowledged.

The study, published in the online journal BMJ Open, found levels of activity varied among groups.

For example, children of Indian origin and those living in Northern Ireland were among the least physically active with 43% achieving the recommended levels, compared to 53% in Scotland.

Demonstration phase

How many different types of exercise can you think of?

List as many as you can.

Now identify whether these are 'moderate' or 'vigorous' forms of exercise

Imagine you have been given £1 million to get the 12,000 high school age people in Harlow enjoying regular exercise

To do this you will need to consider what is putting them off at present:

- Is it lack of interesting opportunities?
- Cost?
- Feeling like exercise isn't for them?
- Lack of self esteem?
- Cold weather?
- Not having enough time?

What will you do to get them moving?

Devise a plan of action either with table mates or alone.

What are the benefits of exercise?

Better concentration skills

Decreased risk of heart disease

Gives you better co-operation skills

Helps you to get a better night's sleep

Improved self esteem

Improves heart health

Gives you increased energy

Increased work productivity

Improves your mood

Burn excess fat

Reduces stress

Helps you to control your weight

Consolidation phase

Self assess your work. It should include:

- ✓ A name for your scheme
- ✓ A catchy slogan
- ✓ Information on why exercise is so important
- ✓ Details of what you are proposing (sports, unique ideas for exercise, incentives, awards etc)
- ✓ An explanation of why now is the time to change and why your scheme is an easy, realistic and enjoyable way to get your weekly requirement of exercise

Choose a sentence below and complete below:

I think it is important that... because...

What we have learned today makes me wonder... because...

The most useful part of the lesson was... because...

Look at the list below, can you add anymore to your list?

Moderate activity

- ✓ Walking to school
- ✓ Playing in the playground
- ✓ Riding a scooter
- ✓ Skateboarding
- ✓ Rollerblading
- ✓ Walking the dog
- ✓ Cycling on level ground or ground with few hills

Vigorous activity

- ✓ Energetic dancing
- ✓ Swimming
- ✓ Running
- ✓ Football
- ✓ Gymnastics
- ✓ Rugby
- ✓ Martial arts, such as karate
- ✓ Cycling fast or on hilly terrain

