

# HEALTH AND WELLBEING



## Personal hygiene – The cleanliness of a person’s body is essential for health and wellbeing

### Good personal hygiene

Prevents spread of infection  
Improves self-concept

- Hand washing
- Clean nails
- Tissue for cough/sneeze
- Brushing and washing hair
- Brushing teeth
- Clean clothes
- Flushing the toilet



### Effects of poor personal hygiene

- Catching & spreading disease
- Poor body odour, bad breath & tooth decay
- Illness such as food poisoning, sore throat, athlete’s foot.
- May reduce chance of job
- Poor self – concept, bullied
- Social isolation, loss of friendship.



**Physically** (healthy body, regular exercise, a healthy diet, sleep, shelter & warmth, personal hygiene)  
**Intellectually** (keeping the brain healthy, concentrate, learn new knowledge/skills, communicate & solve problems)  
**Emotionally** (feeling safe & secure, express emotions, deal with negative emotions, self-concept)  
**Socially** (friendships, relationships with friends and family)

**Key Vocabulary**      **diet balance**      **hygiene choices**      **personal confidence**      **substance**

## Physical activity – Exercise is a lifestyle choice

### Why?

Energy, stamina, strengthen bones & muscle, lower BMI  
 Links to better memory and thinking skills  
 Increases confidence, Relieve stress,

### Lack of exercise can cause-

- Stiff joints
- Poor stamina/strength
- Obesity
- Stroke
- Heart disease
- Osteoporosis
- Poorly formed muscle

gentle – walking, housework  
 moderate – light jog, steady swim  
 vigorous – spinning, football

### How much?

Changes depending on age. Adult:  
 approx. 150 mins moderate per week

## Diet – The balance of foods a person eats (diet doesn’t mean weight loss)

### Foods to avoid

*Salt* – raises blood pressure → heart disease  
*Saturated fat* – raises blood cholesterol → heart disease  
 \*found in animal fats such as meat, butter  
*Sugar* – rots teeth, high in kcals (energy) → tooth decay & weight gain



Water is important to stay hydrated

Starchy	Carbohydrates (& fibre if wholemeal)	Carbohydrates - Provides energy Fibre – Digestive system/prevents constipation
Fruit & vegetables	Vitamins Fibre	Vitamins - Keep the body healthy Fibre – Digestive system/prevents constipation
Meat, fish, eggs, beans	Protein	Growth and repair of cells and muscles
Dairy	Calcium	Strong bones and teeth
Oils	Unsaturated fats	Reduces cholesterol, Keeps the body warm, Protects organs

## Substance misuse – The school nurse will come in to talk to the children about:-



**Alcohol** – a lifestyle choice

**Smoking & Nicotine** – an addictive drug found in tobacco

**Drugs** – including legal and illegal

