

# 1r / 2n ESO

## STAGE 1

Clean and Healthy Planet - HEALTHY LIFESTYLE - INPUT MATERIALS

### START OFF

### GO FURTHER

Text

Info graphic

Motion Graphics animation

Blog/Chat

Factsheet

YouTube Video

What is obesity?

Healthy Eating plate

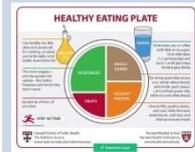
NHS Healthy Eating Animation

Should packed lunches be banned?

Food tips for parents p.d.f.

The Top 5 Food Mistakes Most Teens Make and How to Fix Them

WORD doc.



See end of file

<https://visual.ly/community/infographic/food/healthy-eating-plate>

<https://www.youtube.com/watch?v=qRBFTL4PIZM>

<http://www.bbc.co.uk/newsround/23282767>

<http://www.nutritionaustralia.org/sites/default/files/5-food-tips-for-parents-factsheet-20130506.pdf>

<https://www.youtube.com/watch?v=vxOZTy2SWfk>

You can look at all of the inputs but you will only need to choose 3 to work with on the next stage. It is a good idea to choose a variety of text types (e.g. an info graphic and a text and a video or a poster). Take time to watch, listen and read, you can discuss the input materials in class and look for more information if you want to.

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### What is obesity?

Obesity is what doctors call it when you have too much body fat.

Obesity can lead to health problems.

- If more than 25% of a man's total weight is fat, then he is classified as being obese.
- For a woman it is more than 32%.
- Why is it more for women? Because women have a different body shape.



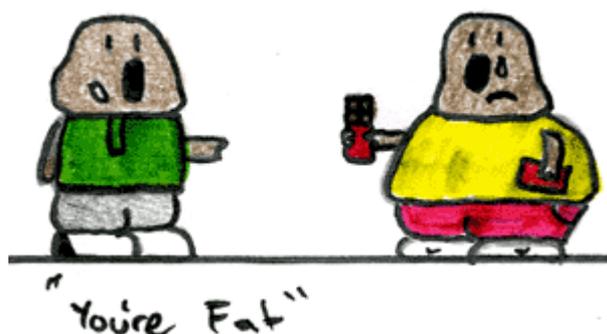
When someone is obese it is very hard for them to lose weight - so it is very important that you do not try to make them feel bad about themselves or try to tell them how they 'should' lose weight.

### Problems caused by obesity

There are many health problems which can be caused by obesity. Coronary heart disease, diabetes, and damage to weight-bearing joints (such as your knees) are the main ones.

Social problems are probably worse for kids...

- Who wants to be called bad names?
- Who wants to be left out of games and teams?
- Who wants to have a hard time finding friends?



Kids who are obese often suffer all these things.

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I am a Loner



It is wrong for people to be hurtful to others. It is bullying, even when someone says 'I was only kidding'. No-one has to put up with that kind of behaviour. Our topic on [bullying](#) may give you some ideas on how to deal with it.

## How to avoid obesity

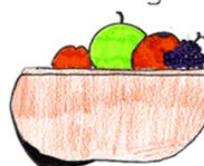
Not all overweight toddlers grow up to become obese adults. There are many things that can keep you a healthy, fit young person.

1. **Food.** Eat the right amount of the right stuff, and don't snack when sitting around. Get mum, dad or whoever cares for you to help you. Maybe you could plan a week's menu and then go food shopping together.

Remember eat healthy and do daily exercise



Remember To Eat Healthy



2. **Exercise.** Look for ways to do more exercise.. Maybe walking or cycling to and from school with your friends?
3. **Get a good night's sleep.** Don't stay up late playing computer games
4. **Be determined** to change and make the most of yourself. You only get body so try to look after it and feel good about it. Our topics on **Self-esteem** and **Body image** may be helpful.

5. **Being happy.** Everybody has bad days, and often this means going for comfort food (dark chocolate for example) However, if you are having of those days, it is much healthier, and you feel much better afterwards, if you do some exercise. Run, walk, dance, skip, hit a ball or do anything else you can think of for a while, and those feel-good chemicals will start coming into your brain, making you feel that life's OK after all!



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### Helping your friend

If your friend has a problem with obesity, then you can be a good friend by:

- eating good stuff yourself and encouraging them to do the same
- playing together in an active way
- getting them to join in sports lessons by encouragement
- helping them to practice sports skills
- doing something active together after school, like walking the dog or bike riding, rather than watching TV or playing video games.
- telling the teacher if your friend is being teased or called unkind names
  - this is a type of bullying that no one should have to suffer
- saying nice things about the things they do that you think are great - such as a nice smile, skills such as playing a musical instrument or being good at sports.



Adapted from <http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=152&id=2462>