



Big Question: What is a healthy lifestyle?

Use the sentence stems to explain whether these children are living a healthy lifestyle or not. If it is not healthy, give them some advice of what they could do to make their lifestyle healthier.

Hello! I'm **Sam** and I love going out for dinner with my family. I always choose something which comes with chips and my mum doesn't get cross when I don't eat my vegetables like she does at home. Sometimes at home she sends me upstairs without any pudding, but it doesn't matter because I ask my brother for some chocolate. He's 16 and he has money from his paper round. I think chocolate is my favourite food – I eat it every day if I can. In my spare time I like playing on my Nintendo DS and going to the cinema. My friend Tom goes to scouts and he said it's really fun so I might ask my mum if I can go too.



Sam is living a _____ lifestyle. This is because she is

To be healthier, Sam could _____



I'm **Jamal** and my favourite sport is football. I play for the school team and I go to the park with my friends to practise goalkeeping. I love swimming too and I've got loads of badges. I bring a packed lunch to school and my older sister sometimes makes it for me. I like it when she does because she chooses interesting ways of making it healthy like putting a box of raisins in, instead of just a boring apple! I don't eat sweets very often because I know they are not very good for you. I like it when someone in my family has a birthday because we have cake at tea time. The rest of the time we usually eat fruit if we are still hungry in the evening.

Jamal is living a _____ lifestyle. This is because he is
