

# Welcome to Health and Wellbeing

*Personal Development  
Thornden School  
Safeguarding Curriculum*

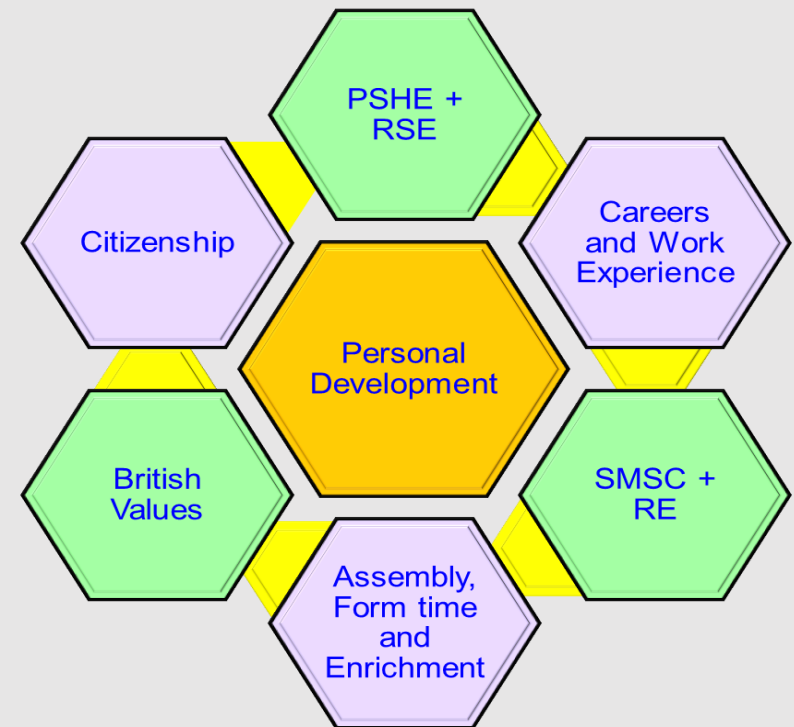


# Focusing on Personal Development



You may hear the term 'Personal Development' used in quite a few subjects. Personal Development is an umbrella term for how we develop our personal qualities and attributes throughout school.

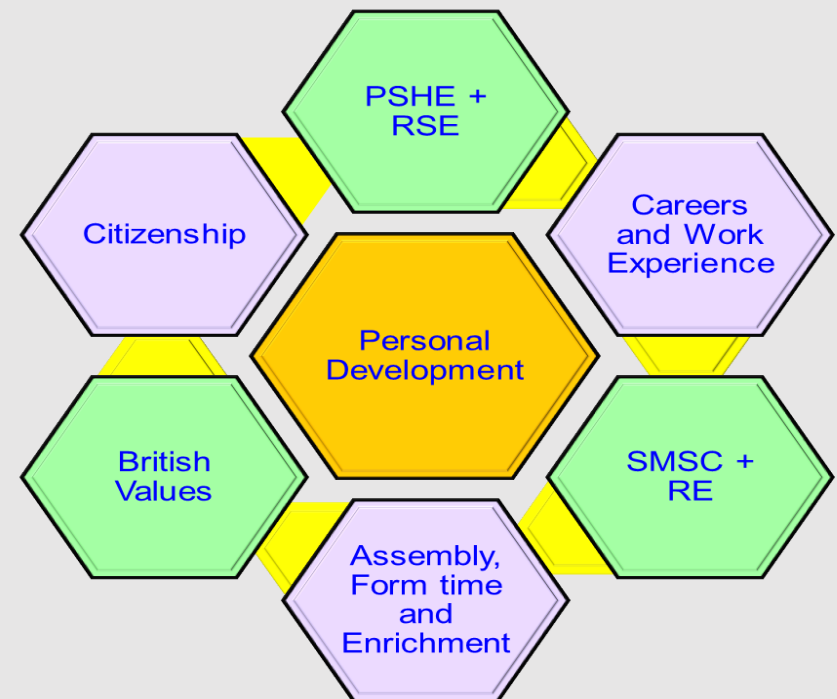
Remember – school isn't just about improving your academic ability; it is about you becoming a well rounded and responsible young adult. It supports your wellbeing; helps you understand the world around you and prepares you for life after Thornden.



# Why Do We Learn Health and Wellbeing at School?



At Thornden School we teach Health and Wellbeing education empowers students to understand and manage the physical, emotional, and mental challenges they may face during adolescence and beyond. It promotes informed decision-making around lifestyle choices such as sleep, nutrition, physical activity, and managing stress. Students explore the importance of mental health, how to develop resilience, and how to access support when needed. The topic also helps students identify and respond to unhealthy behaviours, including addiction and risk-taking. Health and Wellbeing education supports students' ability to thrive in school and life, builds self-awareness, and plays a vital role in safeguarding by encouraging proactive, healthy habits and a positive sense of self.



**Do Now**

## Lesson 2: Balanced diets, nutrition and healthy eating choices



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Saskia had decided to make her parents breakfast in bed. She made them toast with chocolate spread, a hot chocolate each and a bowl of chocolate cookies (for afters).

‘Well, I love chocolate, but perhaps this isn’t the most balanced meal I’ve ever eaten.’ Commented her dad.

**Discuss: What do we mean when we talk about a meal or diet being ‘balanced’?**



Why is it important we learn about healthy eating in PSHE?

*I think it's important we learn about healthy eating in PSHE because...*

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# Balanced diets, nutrition and healthy eating choices

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## Learning outcomes:

Describe the role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices.

Explain what might influence decisions about eating a balanced diet and strategies to manage eating choices.

**Balanced diet** - a diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.

## Year 8 Personal Development Quiz

Please rate each statement from 1 (Not at all) to 10 (Very much so). Complete this before Lesson 1 and again after Lesson 8 to show your progress.

Statement	1	2	3	4	5	6	7	8	9	10
I understand what personal development means and how it applies to life beyond school										
I understand what makes a balanced, healthy diet and why it matters										
I know what the consequences of unhealthy lifestyle choices can be										
I can explain the physical and mental health benefits of regular exercise										
I understand what eating disorders are and how they affect mental and physical health										
I know where to get help if I or someone I know is struggling with an eating disorder or body image										
I understand how social media and peer pressure can impact mental health										
I know how to stay safe on messaging apps and group chats										
I can recognise signs of cyberbullying and know how to report it										
I know what peer pressure is and can identify ways to respond to it in a healthy way										
I understand how to reduce my screen time and look after my mental wellbeing when online										
I feel confident in how to live a healthier lifestyle physically and emotionally										
I know who I can talk to in school if I need help or feel worried										



**This is your Home Learning. It has been shared with you on Satchel. Please make sure it is completed by next week**

# Balanced diets, nutrition and healthy eating choices



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## THORNDEN THREE – GUIDED READING

Let's take a few minutes to read carefully and in more detail about the benefits of a balanced diet.



# THORNDEN THREE READING!

Follow the text in your booklet as it is being read to you. You will be answering questions on it next.

**What exactly should a balanced diet consist of, and why is eating this way important?**



A balanced diet is essential for maintaining good health and well-being. It provides our bodies with the necessary nutrients, vitamins, minerals, and energy required for various physiological functions. One of the primary reasons for the importance of a balanced diet is that it ensures that our bodies receive a wide range of nutrients, each playing a unique role in our overall health.

Firstly, a balanced diet helps us meet our daily energy needs. Carbohydrates, found in foods like grains, fruits, and vegetables, serve as our body's primary source of energy. Without an adequate intake of carbohydrates, we may feel fatigued and lack the energy required for daily activities, including work, exercise, and even cognitive functions.

Proteins are another crucial component of a balanced diet. They are responsible for building and repairing tissues, producing enzymes and hormones, and supporting the immune system. Sources of protein include meat, poultry, fish, legumes, and dairy products. Inadequate protein intake can lead to muscle wasting, weakened immunity, and slow recovery from injuries.

Moreover, a balanced diet provides essential vitamins and minerals, such as vitamin C, vitamin D, calcium, and iron, which play vital roles in maintaining various bodily functions. For instance, vitamin C is necessary for collagen production and a healthy immune system, while calcium is crucial for strong bones and teeth. A deficiency in these nutrients can lead to health problems like scurvy, osteoporosis, and anaemia.

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Fats, despite their often-negative reputation, are also essential for our health. They provide a concentrated source of energy and are necessary for the absorption of fat-soluble vitamins (A, D, E, and K). However, it's important to choose healthy fats like those found in avocados, nuts, and olive oil, as excessive consumption of saturated and trans fats can lead to heart disease.

In addition to macronutrients and micronutrients, a balanced diet includes dietary fibre, which is abundant in fruits, vegetables, whole grains, and legumes. Fiber aids digestion, helps regulate blood sugar levels, and supports heart health. Insufficient fibre intake can lead to constipation and an increased risk of conditions like diabetes and cardiovascular disease.

A well-balanced diet not only ensures that we get the right nutrients but also helps maintain a healthy body weight. When we consume a variety of foods in appropriate portions, it becomes easier to manage our calorie intake and prevent overeating or undernutrition. This, in turn, reduces the risk of obesity, which is associated with various chronic diseases such as type 2 diabetes and cardiovascular problems.

In conclusion, a balanced diet is essential for overall health and well-being. It provides our bodies with the necessary nutrients and energy to function optimally. A diet that includes a variety of foods from all food groups – carbohydrates, proteins, fats, vitamins, minerals, and dietary fibre – helps prevent nutritional deficiencies and reduces the risk of chronic diseases. By making informed food choices and maintaining a balanced diet, individuals can promote their long-term health and enjoy a higher quality of life.

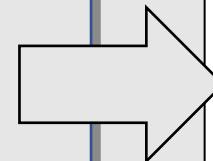
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## Now complete the questions - these are on your sheet:


1. What is the primary purpose of a balanced diet?
2. Which macronutrient serves as the body's primary source of energy, and what are some food sources of this nutrient?
3. Why is protein considered a crucial component of a balanced diet, and what are some examples of protein-rich foods?
4. What role do vitamins and minerals play in maintaining our health, and can you provide examples of specific vitamins and their functions?
5. How can the consumption of healthy fats contribute to overall well-being, and what are some sources of healthy fats?
6. Explain the importance of dietary fibre in our diet and name some foods rich in fibre.
7. What potential health problems can arise from inadequate intake of essential nutrients like vitamin C, calcium, and iron?
8. How does a balanced diet help with managing body weight, and why is this important for health?
9. What is the connection between obesity and chronic diseases, and how can a balanced diet help reduce this risk?
10. In summary, why is it crucial for individuals to make informed food choices and maintain a balanced diet for their long-term health and well-being?





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# Balanced diets, nutrition and healthy eating choices

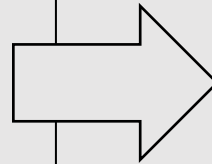


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column of your table using the information from your pack.

From what you have learned so far, would you say that generally speaking, you eat a balanced diet?

Write down everything you ate yesterday. Can't remember? Make it up based on what you know you eat on a typical day (but be truthful). Now, colour code your food diary according to the food groups, to see how balanced it really is.

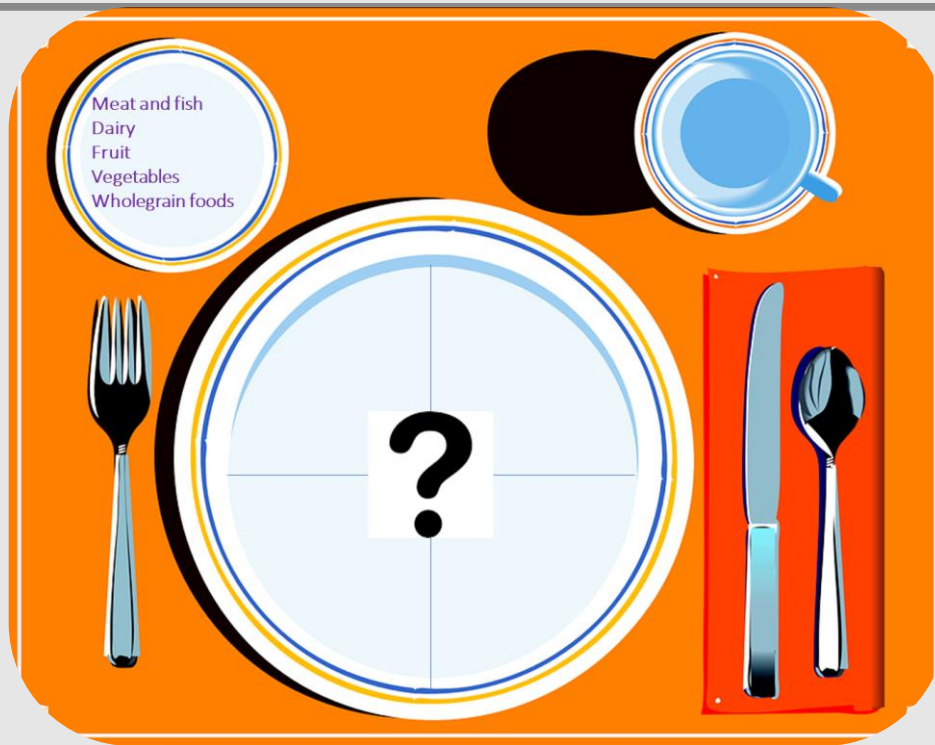


group:	An example of how this nutrition type can actively benefit our own bodies.  If you're not sure, leave it and we'll come back to it later.
meats, fish,	
found in most cereals.	
minerals can be found in fruit and especially leafy green vegetables.	
crackers, bread.	Eating pasta for lunch can help you have the energy to walk home from college.
found in cereals, milk. It contains a lot of healthy fats.	

# Balanced diets, nutrition and healthy eating choices



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So now we know what the nutrition groups in our food are, and how balanced *our* diets are, what proportion of different types of foods ensure we get all our nutrition in an ideal, healthy diet?

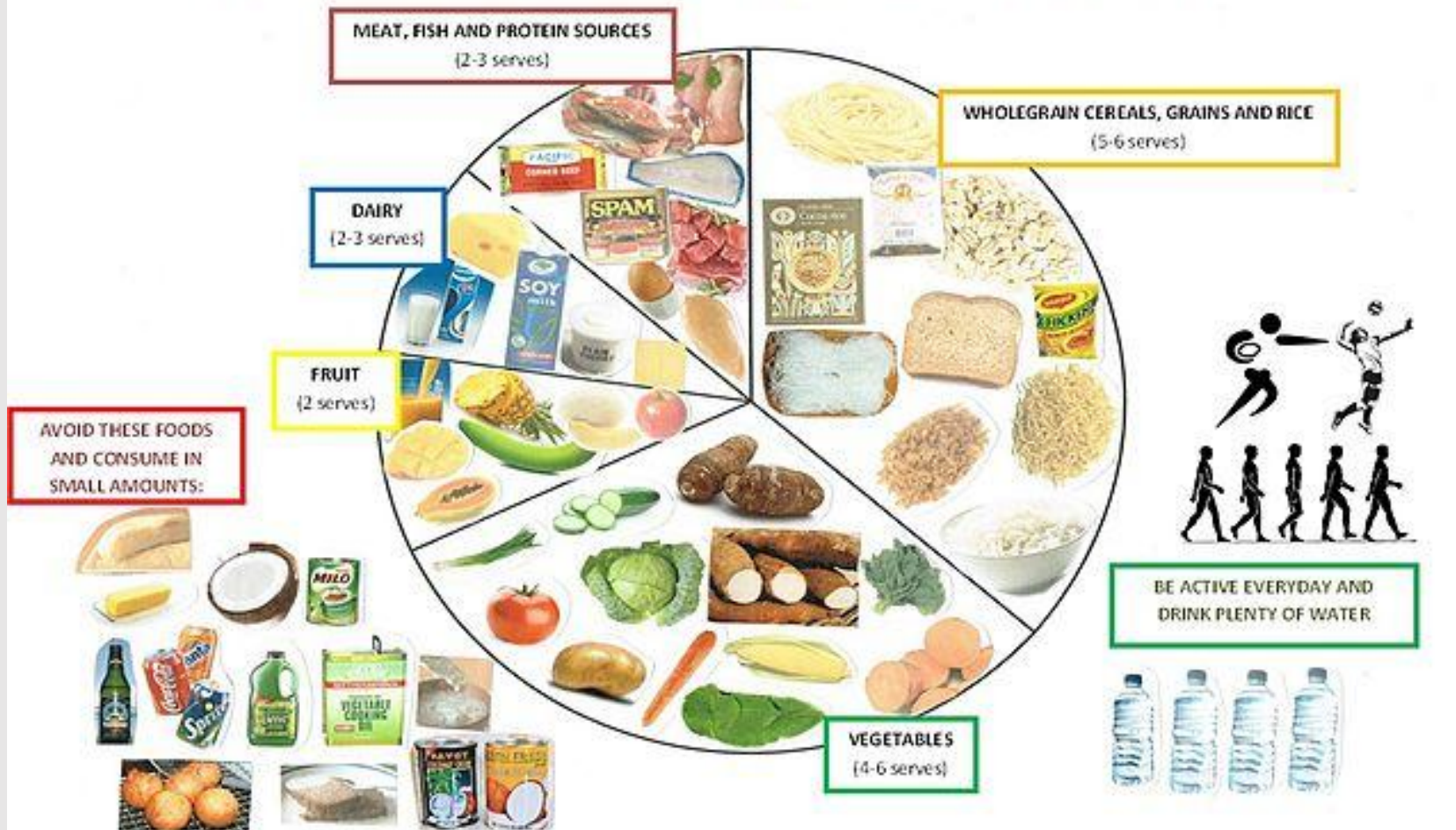
Create a pie chart on your blank plate, to show how much of each food group you think you should consume in your diet. You need to include the groups in the top left corner.

How close were you?  
Now correct and draw and label  
the proportions correctly.



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# FOOD GUIDE FOR HEALTHY EATING



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# Balanced diets, nutrition and healthy eating choices



## Useful, legitimate and appropriate helplines and charities:

[Young Minds](#). Child and adolescent mental health charity for teens struggling with any subject. Call: 0808 802 5544



[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

[SANE](#). National out-of-hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

<https://www.nutrition.org.uk/life-stages/teenagers/healthy-lifestyles-for-teenagers/top-healthy-eating-tips-for-teenagers/>

A site full of healthy eating and meal ideas for teenagers and young people



# Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



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## Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

## Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

## Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

## Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

## Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>