

# Be a healthy weight

Being a healthy weight is important for your general health now and in the future. Over a few days, think about the different food and drinks you consume, compared with how active you are.

Day	Food/ drink	Activity

Do you think your food/drink choices balance your level of activity? Why?

If you are less active, and eat more than you need, what will happen over time?

Why is it important to stay a healthy weight?

## CHECK!

- ☐ I know how to eat a healthy, balanced diet.
- ☐ I am aware of my dietary needs, as well as the needs of other people, at different times during life.
- ☐ I can maintain a healthy weight throughout my life.
- ☐ I know that my weight is affected by the balance between diet (energy in) and physical activity (energy out).
- ☐ I know that the amount of water I need to drink is affected by hot weather and physical activity levels.

Name:

# Diet and health



## Healthy Weight, Healthy Lives

We all need to be a healthy weight to stay healthy. To achieve and maintain a healthy weight, we must balance the energy from food with the energy used through activity. The eight tips for healthy eating help us to achieve a healthy balanced diet and to be active throughout life.

Our need for water can vary on a daily basis depending on a number of factors. Dietary needs change throughout life, so what you eat now may be different in the future.



- Think about ...
- \* achieving a healthy and balanced diet
  - \* getting the balance right between the different food groups
  - \* being active
  - \* balancing energy in with energy out
  - \* the needs of people at different ages and how to achieve these changes
  - \* why you need to drink water and what happens when you are dehydrated



# Eight tips for healthy eating

What are the eight tips for healthy eating? How can you achieve these?  
Talk with your friends and family about using these tips to be healthy.

Eight tips for healthy eating	What I have done to achieve this
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	



# Do you know what other people need to be healthy?

I know that nutritional needs change over life.

Age	Nutrition need changes	Reason for change in needs
Infants and young children		
Teenagers		
Adults		
Pregnant and lactating women		
Older adults		