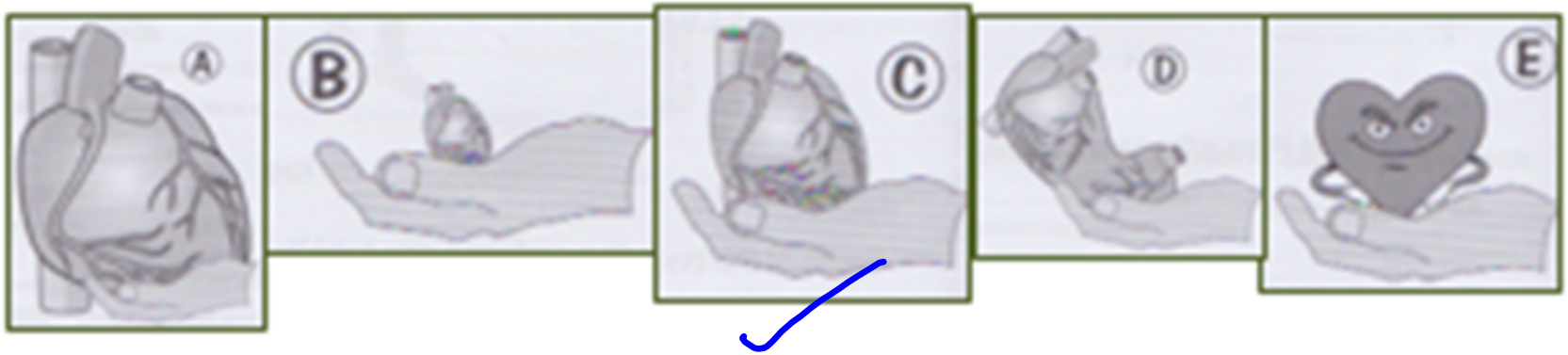
LO: To explain the impact of diet and exercise on our bodies

Starter:

Which is the correct size and shape of the heart?



Tick the correct one and then write your reason why.

LO: To explain the impact of diet and exercise on our bodies

Plan this afternoon

Starter
Read the text
Answer questions
Write an explanation text
Watch the video

LO: To explain the impact of diet and exercise on our bodies

we do

Read the text:

1. What is our body the same as?
2. List 3 things that can impact your body
3. What are some conditions caused by?
4. What does diet mean?
5. How much exercise can impact your body?
6. What can influence our lifestyle?
7.List the alternatives given to staying inside.

LO: To explain the impact of diet and exercise on our bodies

I do

Introduction
Paragraph 1- diet
Paragraph 2 - exercise
Paragraph 3 - lifestyle
Conclusion

How fit and well we feel can be impacted by 3 main factors: diet, exercise and lifestyle. Having a healthy body is all about balance.

A healthy diet means having a balance between exercising and what you eat.
Some people have a special diet because....
Our heart and lungs depend on our diets for how they work.

Paragraph 2 - exercise
Doing 1 hour per day.....
Exercise is important as it.....

Paragraph 3 - lifestyle
Lifestyle means....
It can be influence by.....

Conclusion
Would rewarding yourself with sweets and cakes have different effect on your body to.....?
By making changes, you can.....

LO: To explain the impact of diet and exercise on our bodies

you do

How fit and well we feel can be impacted by 3 main factors: diet, exercise and lifestyle. Having a healthy body is all about balance.

A healthy diet means....
Some people have....
Our heart and lungs depend....

Paragraph 2 - exercise
Paragraph 3 - lifestyle
Conclusion

https://www.bbc.co.uk/bitesize/clips/ztr3cdm