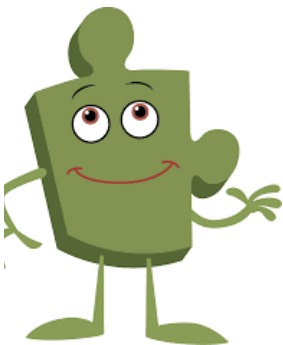


Healthy Me



L.O: To know the health risks of smoking and how tobacco affects the lungs, liver and heart.

I can make an informed decision about whether or not I choose to smoke and know how to resist pressure.



Vocabulary for today:

- choices**
- healthy behaviour**
- unhealthy behaviour**
- informed decision**
- pressure**

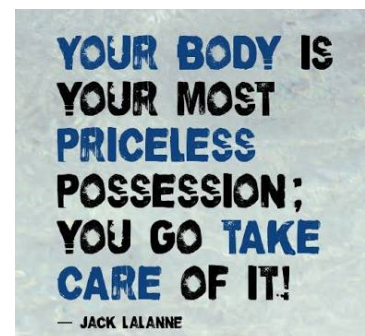
How do you show respect for your body?

How do you value your body?

'I'm glad that I can run really fast'

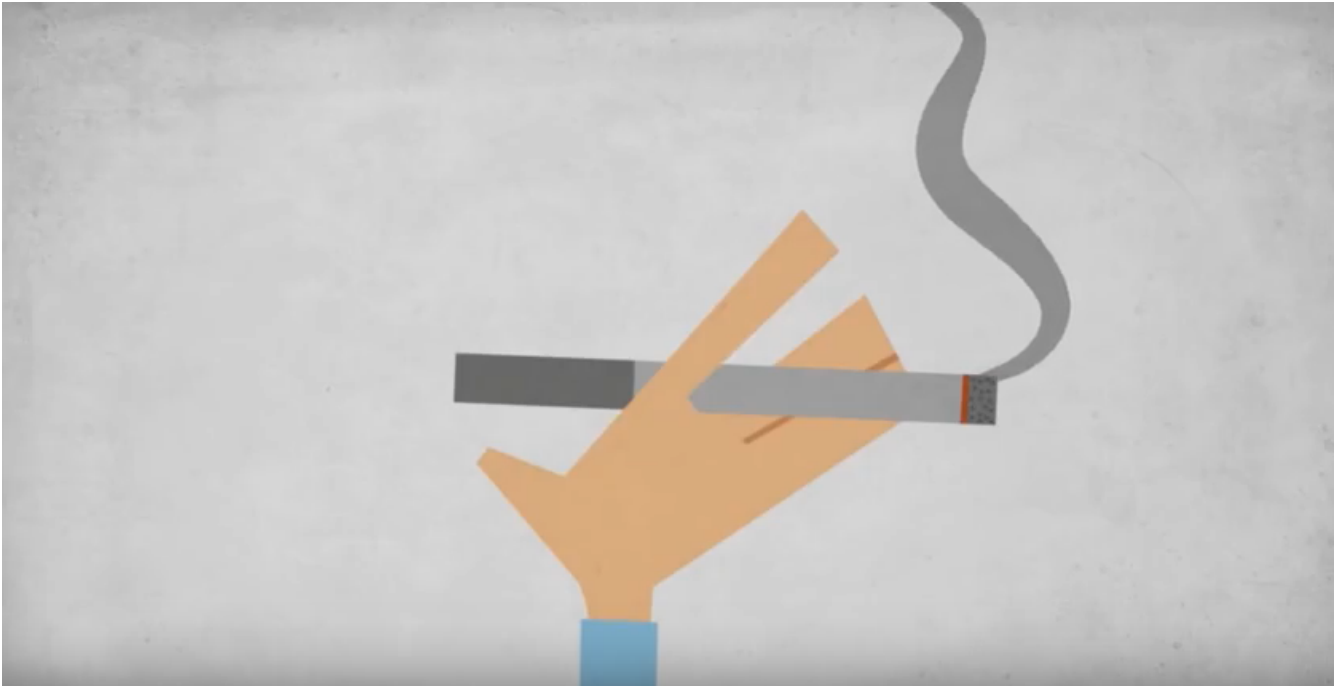
'I value being able to do gymnastics'

'I make sure I drink plenty of water everyday'



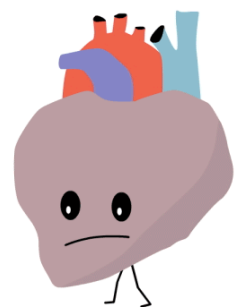
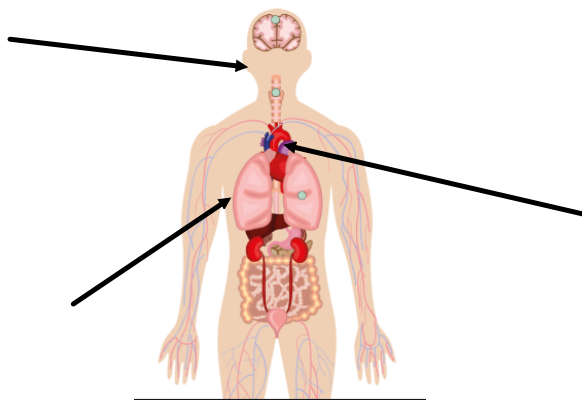
Task- Write down 5 things you do to take care of your body:





5 minute challenge- Grab a piece of paper and make a list of all the different ways smoking affects the body?

You might want to stick the human body on your paper and then label all the different parts of the body that it affect.



Choose two areas of the body and discuss how smoking affects those areas.

You have a choice of how to present your information, try to make it persuasive to encourage people to not smoke!

Options: to create a poster, advert for quitting smoking, a song/rap or a presentation on powerpoint.

Feel free to get creative and present the facts in anyway you like, we know how creative you can be!



After what you've learnt today, would you take up smoking when you're older?

Why or why not?



It is your choice but, now you have the facts, you are able to make an informed decision.

