

Recipe for a Healthy Lifestyle

This week on Food Dudes Fun at Home we are learning about the importance of a balanced lifestyle. Having a healthy lifestyle means eating well, staying active and doing plenty of fun and relaxing activities too. Make sure to check out this week's brand new video for some ideas on staying active and having fun.

Guidelines:

- ✓ Ask children to identify what makes a healthy lifestyle. Encourage them to think for example, about eating healthy food for energy, physical activity, and overall wellbeing.
- ✓ Ask your child to complete the Recipe for a Healthy Lifestyle on the sheet provided or it can be completed in copy books.
- ✓ Encourage children to think about all aspects of wellbeing including activities they enjoy doing such as gardening or reading books.
- ✓ After they have completed their recipe, children can draw in the box provided a picture of their favourite things to do along with a paragraph about it to encourage them to reflect on the activities they enjoy doing.
- ✓ Recipes can be stuck on the wall or kept on the fridge so the whole family can share ideas!



Don't forget to share
your recipe online and
use the hashtag
#FoodDudesFun

Fun at Home Recipe for a Healthy Lifestyle

Example:

Ingredients:

1. 30- minute walk.
2. 1 hour learning about your favourite subject in school e.g. maths or geography.
3. Eat different types of vegetables each day.
4. Eat 3 juicy pieces of fruit a day.
5. Write a 1 page diary entry.
6. Spend 45 mins playing a game with with one of your family members or friends.

Method:

The sentences below can be used as a guide for children to create their own healthy living recipe. The underlined words are given as an example and should be personalised by the child.

- A. Begin with a healthy breakfast of fruit and oats.
- B. Stir in a brisk walk with a family member.
- C. Pop in a pinch of learning time and do some work on your favourite subject from school.
- D. Fill up your body with a nourishing dinner of healthy vegetable curry.
- E. Sweeten your day with a healthy dessert of mixed fruit and yoghurt.
- F. Simmer down and spend some time relaxing, doing some gardening outside with a member of your family.
- G. Garnish with a bedtime story/ going to bed on time / getting plenty of sleep.



Fun at Home Recipe for a Healthy Lifestyle

Have fun creating your own recipe for a Healthy Lifestyle and share it online with the hashtag #FoodDudesFun

Ingredients:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Method:

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____

My Healthy Lifestyle Reflections:

Charlie and Tom like to reflect on the day or week that they have had. Write a paragraph describing your favourite things you did to relax, exercise, eat well etc. last week. Draw a picture in the box provided to accompany your reflections. Be sure to include all of the important people in your healthy lifestyle e.g. gym coach/ piano teacher. And don't forget to add some pictures of any healthy foods you have eaten to feed your life-force!

