

## Level 1 Unit HN2: Physical Well-being

### 1 Understand a healthy diet

#### 1.1 Identify the main constituents of a healthy diet and the importance of each:

Carbohydrates, proteins, fats, vitamins, minerals, and water are the main constituents of a healthy diet.

Carbohydrates provide energy, while proteins build and repair tissues. Fats are a source of energy and help absorb vitamins. Vitamins and minerals are important for various bodily functions, while water is essential for hydration.

Emphasize the importance of a balanced diet that includes all food groups in appropriate amounts. Encourage learners to research and explore different types of healthy foods and meal plans.

#### 1.2 Describe the benefits to heart and lung efficiency of raising heart rate through regular exercise:

Explain the link between regular exercise and cardiovascular health.

Regular exercise can help improve heart and lung efficiency by strengthening the heart muscle and improving oxygen uptake and delivery to the body.

Encourage learners to explore different types of physical activities and exercises that can help improve heart and lung efficiency.

#### 1.3 Identify local facilities which provide opportunities to promote physical well-being:

Encourage learners to research and identify local facilities that promote physical well-being, such as gyms, sports clubs, parks, and community centres.

Discuss the benefits of participating in physical activities and the social and emotional benefits of being part of a community.

Promoting physical well-being

#### 2.1 Describe the possible link between poor health choices and skin cancer and heart disease:

Explain how poor health choices, such as smoking, poor diet, and lack of physical activity, can increase the risk of developing skin cancer and heart disease.

Emphasize the importance of making healthy lifestyle choices to reduce the risk of developing chronic diseases.

#### 2.2 Describe how specialised support could be accessed for one identified health problem:

Provide examples of specialised support, such as counselling, rehabilitation programs, and medical treatments.

Encourage learners to research and explore different types of specialised support and how they can access them.

Plan a healthy lifestyle

#### 3.1 Produce a personal action plan for a healthy lifestyle to include diet, exercise and sleep:

Encourage learners to set specific and achievable goals for improving their physical health and well-being.

Discuss the importance of creating a balanced action plan that includes diet, exercise, and sleep.

Provide resources and tools, such as apps, trackers, and planners, that can help learners monitor and achieve their goals.

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