

Health/Salud

1. The health triangle
 2. Healthy habits
 3. Hygiene and food: food labels, food decay, food preservation methods
 4. Feelings and emotions
- Free time and hobbies (Heroes book)

1. The health triangle

Health is a state of physical, mental, social and emotional well-being.



2. Healthy habits

<p>1. Eat healthily. A healthy diet is a balanced diet. Different nutrients help our body system.</p>	
<p>2. Exercise. It is very important to do exercise regularly. It makes our body stronger and it also helps our circulatory and respiratory systems. When we exercise, we breathe faster and our heart has to work harder to pump blood around the body. As a result, our heart gets stronger.</p>	
<p>3. Sleep. Sleep allows our body to rest and grow. Sleep also helps the brain develop, so that speech and memory function properly the next day.</p>	

<p>4. Keep clean. We wash our body to remove dirt, bacteria and sweat. We need to remove food and plaque from our teeth by brushing them at least twice a day.</p>	
<p>5. Have medical check-ups. Medical check-ups monitor our health and check that our body systems are working properly. Your doctor will also make sure you have the vaccinations you need to protect you from certain diseases. It's important to have regular check-ups with your dentist and optician too.</p>	

3. Hygiene and food

Food labels

- Food labels give us lots of information. They tell us when we should use the food. They tell us the ingredients and nutrients.
- Expiration date and best before:

Expiration date	Best before
<p>Expiration date: expiration dates tell consumers the last day a product is safe to consume. Food should never be consumed after the expiry date.</p> 	<p>Best before: best before dates are found on foods that will only stay fresh for 90 days or less. Some foods may be consumed even if their best before date has passed, unlike an expiry date. The date does not indicate spoilage, nor does it necessarily tell you that the food is no longer safe for consumption.</p> <p>Best before dates guarantee freshness Opened packages negate best before date</p> 

Food Decay/decomposition (fuente <http://www.bbc.co.uk/schools/gcsebitesize/science/>)

Decay is **essential** to our survival – it helps to digest food, and to recycle materials in our environment. Sometimes it can cause problems too, such as food spoilage (food going off).

The main groups of **decomposer** organisms are **bacteria** and **fungi**.

What factors affect decay?

Factor	Effect	Explanation
Temperature	High temperatures prevent decay, low temperatures slow decay	High temperatures destroy enzymes and proteins, killing the organisms responsible for decay. Low temperatures slow the rate of reaction of enzymes and will prevent growth and reproduction.
Oxygen	Lack of oxygen will slow or prevent most forms of decay	Oxygen is needed for respiration by organisms. Some bacteria can survive without oxygen, such as those used in biogas generators.
Water	Lack of water will slow or prevent decay	Water is needed for transport and to support reactions inside organisms. Decay organisms need water to digest their food.

Food preservation methods

Food can be **preserved** by removing one or more of the factors that bacteria and fungi need to survive.

Methods of food preservation (*fuentes <http://www.bbc.co.uk/schools/gcsebitesize/science/>*)

Method	Examples	How it works
Canning 	Vegetables	The sealed can is heated to kill bacteria. When it cools, no more bacteria can enter.
Cooling or chilling 	Ready made meals	The food is kept at a low temperature (4°C) so bacteria cannot reproduce (they're not killed).
Freezing 	Vegetables and meat products	Bacteria cannot reproduce at low temperatures and the water in the food is frozen.
Drying 	Fruit, flour, soups, pasta	Removing water prevents the microorganisms from growing, or digesting the food.
Adding salt or adding sugar	Jam, crisps, meat	Removes water by osmosis

Method	Examples	How it works
		
<p>Adding vinegar</p> 	Pickles	Changes the pH to prevent the enzymes in the microorganisms from working.

4. Feelings and emotions

Empathy: it is the ability to understand how someone feels.

How Do You Feel Today?



If You're  and You Know It...



ANGRY

1. Walk away
2. Take 10 deep breaths
3. Drink water
4. Count how many things you see that are red



Sad

1. Take 5 deep breaths
2. Sing a song in your head
3. Count how many things you see that are blue
4. Write about how you feel



SCARED

1. Take 5 deep breaths
2. Recall a happy memory
3. Count how many things you see that are purple
4. Draw a picture



Happy

That's wonderful!
Keep up the good work!

FB / My Little Villagers

MY FEELINGS CHART

TODAY I AM FEELING: _____



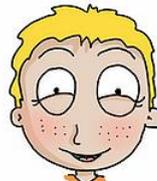
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INTERESTED



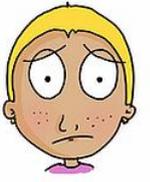
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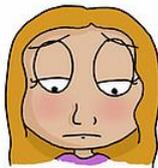
HOPEFUL



PLAYFUL



SAD



LONELY



ASHAMED



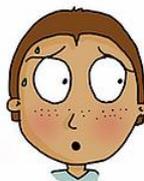
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IGNORED



FEAR



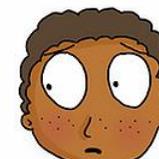
ANXIOUS



WORRIED



OVERWHELMED



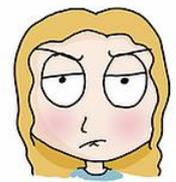
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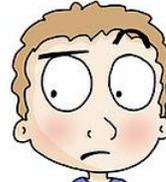
DISAPPOINTED



AVOIDANT



JUDGEMENTAL



HESITANT



LOATHING



ANGRY



FRUSTRATED



IRRITATED



SARCASTIC



DEVASTATED

@journey-to-wellness-