

# Knowledge catcher: Y3 Health and wellbeing

Look at this example of a health diary and answer the questions.

	Food (meal, snacks)	Exercise (walking, games)	Rest/relaxation
<b>Thursday</b>	Cereal with milk Jam sandwich, crisps, pizza	Walk to and from school (20 minutes)	TV, online games, seven hours sleep
<b>Friday</b>	Toast with honey, ham sandwich, chocolate biscuits, sausage mash and peas	Football club, walk to and from school (20 minutes)	TV, eight hours sleep
<b>Saturday</b>	No breakfast, burger and chips, cheese and tomato sandwich	Swimming, bike ride	TV , eight hours sleep

1 How healthy is the food this person eats?

---

---

---

2 What could they eat to make their diet healthier?

---

---

---

3 What else could they do to rest and relax?

---

---

---