**Health and Wellbeing – Second Level**

**Key Concepts and Activities, Week 1**

**There are many more resources and topics to be covered by clicking on the link below:**

[www.healthyschools.scot](http://www.healthyschools.scot)

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| **Curriculum Area** | **Key concept - Safety** | **Activity Suggestions** |
| Food and Health | * **Demonstrate** safe and hygienic practice when preparing, handling and storing food. | * Research and then draw an ‘ideal’ kitchen showing good hygiene and safety. * Help prepare, cook, serve and clean away a meal for the family demonstrating all food hygiene and safety rules. * Draw a fridge with food placed into the correct places for food safety. |
| Personal and Social Health | * Explain what peer pressure is and how it can affect me. * Discuss and demonstrate different strategies I could use when faced with unwanted pressure. | * Give children examples of situations where they could face peer pressure and get them to write down or discuss possible solutions. * List all the people in our lives that influence our behaviour. * Write about a situation where peer pressure can be a positive thing. |