**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.
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| 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.
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