**Health and Wellbeing – Second Level**

**Key Concepts and Activities, Week 2**

**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 | * **Explain the difference between ‘use by’ and ‘best before’ dates on food.**
* **Identify ways of preventing the spread of germs.**
 | * Discuss the difference between ‘use by’ and best before dates on food. Take food from the kitchen and sort into use by and best before dates.
* Investigate ways germs can get into our bodies the make a list of ways we can avoid this.
* Walk around your house and discuss the ‘hot spots’ for where germs might be and how you can reduce the risk.
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| Personal and Social Health | * Understand how I can help others that are hurt or unsafe.
 | * Write a list of possible First Aid situations that you could help in.
* Watch a clip on YouTube about how to put someone in the recovery position and practise on someone at home.
* Role play making a 999 call with someone in your home.
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