**Healthy Living Challenge**

**LO: Understand what is meant by a healthy lifestyle and what the problems of an unhealthy lifestyle can be.**

First do the healthy living quiz.

Then produce a poster, leaflet or PowerPoint presentation on healthy living. It could include information about a balanced diet, exercise, hygiene, the problems with smoking or drinking too much alcohol or mental health.

Your poster, leaflet or presentation must have an eye-catching title. It must have pictures either from the internet or that you have drawn yourself. It must be colourful. Finally, it must have lots of information.

Think about the best way to present the information. There doesn’t need to be loads of writing, you can use bullet points, diagrams or tables.

If you want to find more information, try the links below:

<https://www.bbc.co.uk/bitesize/topics/zf339j6/articles/zmwvgdm>

<https://www.bbc.co.uk/bitesize/guides/zyjx6sg/revision/1>

<https://www.bbc.co.uk/bitesize/topics/ztnnb9q/articles/zdx8jty>

<https://www.bbc.co.uk/bitesize/guides/zy2hpv4/revision/1>