

Lesson 2 Healthy Eating Year 5 | Activity



Identify the poor eating habits below and explain the impact on each person's mental health.

Scenario	What is the poor eating habit? What is the impact on their mental health?
1. Shawn has started to get up later. He is never actually late for school but it means he now rushes to get everything done. He rushes his breakfast and sometimes forgets to drink water. In fact, he sometimes even forgets to pack his water bottle.	<hr/> <hr/> <hr/> <hr/> <hr/>
2. Mary has got into a habit when she gets home from school. First, she gets her phone and spends an hour scrolling through the key events. She then gets her homework done and usually eats just before she goes to bed. Sometimes she even has her dinner in her pyjamas.	<hr/> <hr/> <hr/> <hr/> <hr/>
3. Chloe usually had a balanced diet but she has started to spend time with different people who eat lots of fast food. Last Saturday, Chloe had some doughnuts for breakfast, a fast food chicken burger for lunch and a kebab from the local shop for dinner.	<hr/> <hr/> <hr/> <hr/> <hr/>
4. Tim has never been much of a breakfast eater. He sometimes has some cereal and fruit but as he has got older, he just waits until lunch time to have his first meal.	<hr/> <hr/> <hr/> <hr/> <hr/>