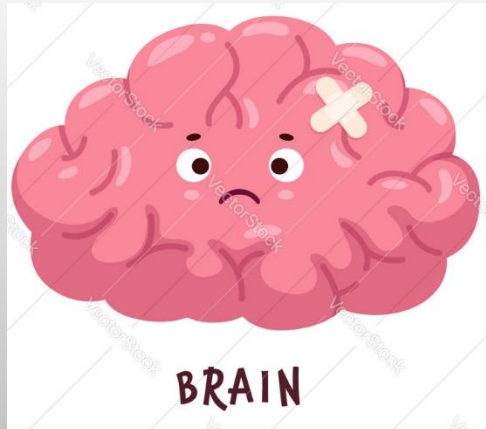


16/07/2026

Diet and Physical Well-being

Answer the question below in your book:

Do you think that what you eat affects your brain?
Yes/no. Then explain your answer



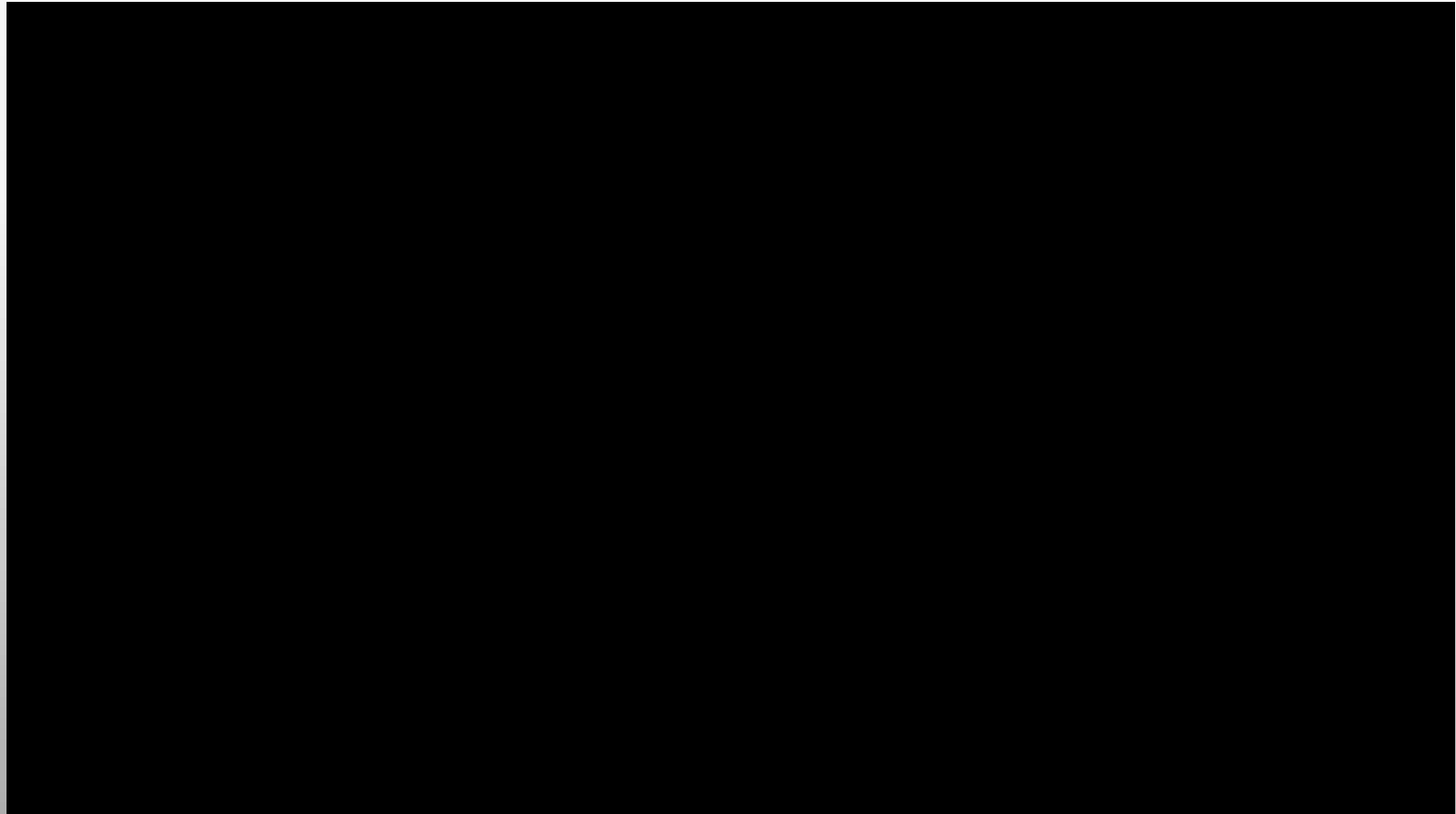
Write down the date, title and underline them with a ruler.



How food affects your brain?

Instructions- copy the sub heading

1. Watch the film and make rough notes in the back of your exercise books
2. Discuss the title question with a partner
3. Finally, writing in full sentences, aiming to write a paragraph **explaining why is eating a range of food, a balanced diet, best for your brain?** Remember P.E.E



P

Point

Sum up the
main idea in
your
paragraph.

- In my opinion...
- Arguably...
- The writer uses...
- Similarly
- Firstly...
- Secondly...
- Both...
- In contrast...
- One of the language features used is...

E

Evidence

Provide Evidence for
the point you are
making.

- For example...
- An example of this is...
- This is shown...
- This can be seen...
- This is demonstrated when...
- We know this because...
- The evidence for this is...

E

Explanation

Why is the quotation
significant?
What effect does the
quotation have on the
reader?
Why has the writer used
this technique?

- This shows
- This suggests...
- This implies...
- This is effective because...
- The writer has chosen this technique because...
- This would make the reader feel...
- This has been used because...

5 Food Tips To Help Your Studying

Instructions Use this video to help you finish your answer 😊





Worrying numbers of older children having energy drinks regularly

© 8 hours ago



What influences your food choices? Think of at least 5 different influences of your food choices.

Prepare to feedback to the class.

Write down the key terms below. Match the key term to the definition.

A

**Biological
determinants**

B

**Economic
determinants**

C

**Physical
determinants**

1

such as cost, income, availability.

2

such as access, education, skills (e.g. cooking) and time.

3

such as the media, culture, family, peers and meal patterns.

Social determinants

4

such as hunger, appetite, and taste.

Further Challenge:

What is the term the decoy definition is for?



Fad diets are eating plans that are promoted as being the best and fastest way to loose weight often by eliminating certain food groups.

Have you heard of any of these types of diets?
Do they work?



Fad diets don't work because...



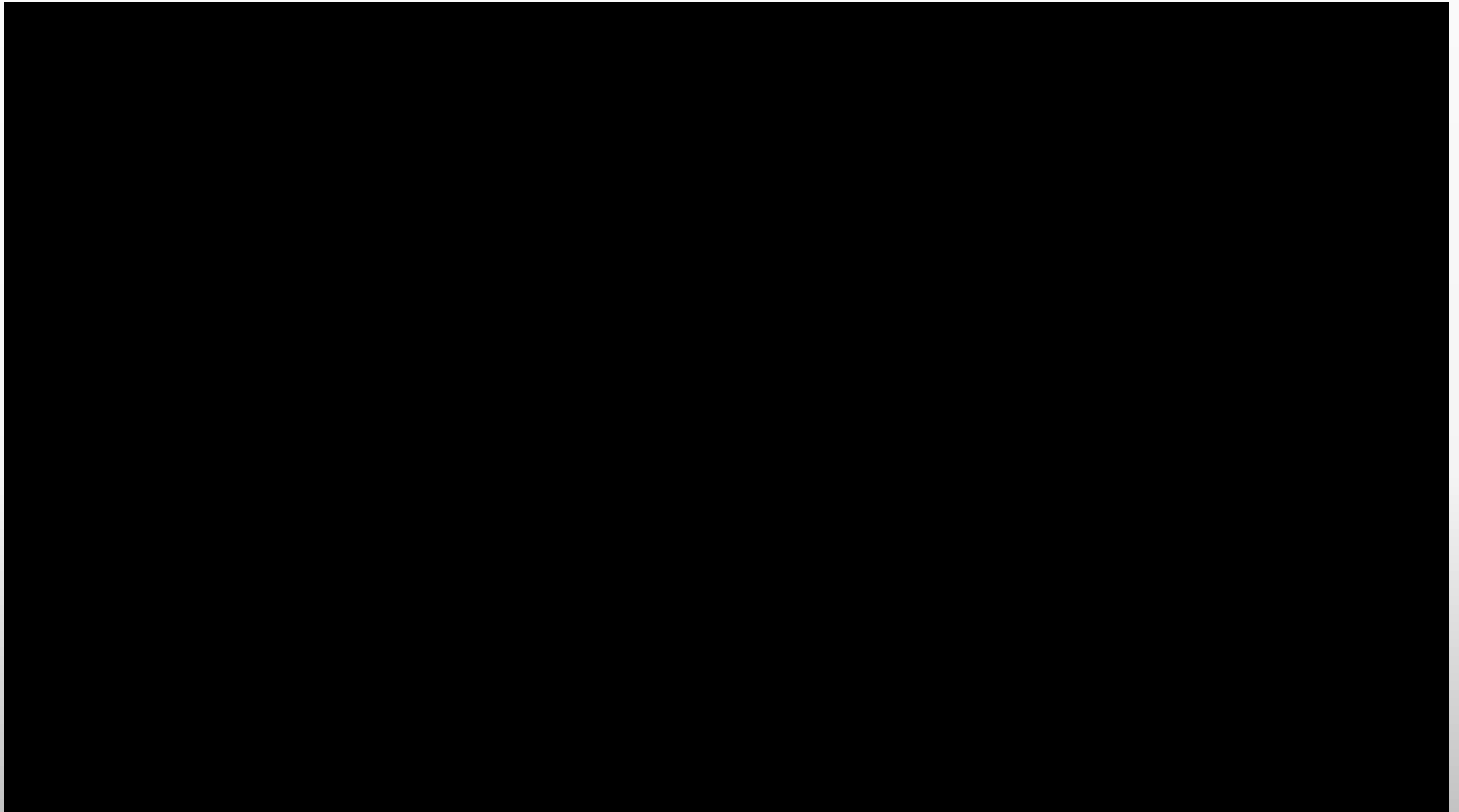
**‘It is better to exercise,
rather than diet.’**



Do you agree or disagree with this statement? Explain your answer in your book.



The triple benefits of exercise:



Instructions- copy the sub heading

1. Watch the film and make rough notes in the back of your exercise books
2. Discuss the question with a partner
3. Write a mini paragraph explaining the triple benefits of exercise.

Instructions:

Create a spider diagram outlining all the various ways a poor diet, or high processed foods, can affect your body.

