

**1**

## What is Health?

Time Taken:  
15 Minutes



### Objectives

This section will introduce participants to the topic of Health Promotion and give them an understanding of what will be covered over the next number of months.

Health Promotion **2**

**3** What Comes Next?

**What  
will we  
learn?**

What I Do to be Healthy **1**

**4** Health Diary



**Step 1**

## What I Do to be Healthy

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Ask participants the following question:

*What things do we do to be healthy?*

### Answers to look for:

- Healthy eating (participants may name fruit, vegetables etc.).
- Exercise (participants may name different types of exercise).
- Looking after our bodies (including brushing teeth, using sun cream, visiting doctor/dentist).
- Looking after our minds (taking time to relax, mindful colouring, Tai Chi).

Put the 'What is Health?' poster up on a wall/somewhere visible to participants and use as an aid.

### Tips:

- Don't be afraid to prompt.
- Offer encouragement to expand on answers e.g. participant may say "apples are good for me" facilitator says "what other foods are good for you?"
- Try and involve everyone e.g. asking someone who is not participating "what food do you have for breakfast?" response "porridge" facilitator responds "weetabix or porridge contain less salt...(and are higher in fibre)."



## Step 2

### Health Promotion

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Ask participants the following question:

*Can anyone remember what we do in Health Promotion?*

Answers to look for:

- Learning.
- Changing how we live.
- Supportive Environment (to people around us, helping us to be healthy).



If participants can't remember, prompt with some of the answers e.g.

*Learning is one thing that we will do in the Health Promotion Programme - what kind of things can we learn to be healthier?*

### Answers to look for:

- Learn about healthy eating.
- Learn about exercise.
- Learn about a strong mind.
- Learn about looking after our bodies.

Continue until each of the four answers have been covered. Summarise by naming all four answers again.

## Step 3

### What Comes Next?

Inform participants that over the next number of weeks, they will be spending some time on Health Promotion, where everyone will learn something new about health.

*What are we going to learn about in the Health Promotion Programme?*

- Healthy Eating.
- Sun Safety.
- Keeping our Teeth, Bones and Body Healthy.
- Physical Activity.
- Hydration.
- Personal Hygiene.
- Strong Minds.
- Smoking and Alcohol.

