

# ACTIVITY 1 WHAT IS A HEALTHY LIFESTYLE?

Follow Sarah on her amazing journey around the world and find out what it takes to lead a healthy lifestyle.

## STARTER

Compare the images and fill in the table listing what is healthy behaviour and what is unhealthy?



Unhealthy



Healthy

## Q1

Meet Sarah... Can you identify from the video the things that Sarah does to lead a healthy lifestyle?

1

2

3

4

5