

Today, your child participated in Life Ed's module:



the Inside story.

Discovering a healthy active you

Life Ed is Australia's largest and most trusted provider of preventive health education to school children. Along with Healthy Harold, our giraffe mascot, Life Ed has been empowering children to make safer and healthier choices for over 40 years. On average, we reach 700,000 children annually. Our educators reach students across Australia via mobile classrooms, pop-up classrooms, and via virtual and online lessons and resources.

This flyer will tell you what they learnt today and how you can help them apply their new knowledge.



Physical
Health

What is it about?

This fun interactive lesson is set in a kid's TV news program. A team of young scientists shrink Harold and place him in a tiny capsule so he can travel inside the body and report back on what he sees. Your child learnt about:

- The impact food choices have on health and energy levels
- Strategies to promote healthy eating and physical activity
- How culture and community influence our food choices
- The function and components of body systems: respiratory, circulatory, nervous & skeletal
- Factors that influence the function of body systems such as nutrition and exercise
- The connection between physical health and wellbeing

Why is this module important?

- Good health influences how children feel and go about their everyday lives because health can affect participation in family life, schooling, social and sporting activities¹.
- Overweight and obesity in children and adolescents is a major public health issue in Australia².
- Understanding how their body functions empowers children to make informed, positive decisions and develop skills and strategies to make healthy lifestyle choices.

1. Australian Institute of Health and Welfare, 2022.

2. Australian Institute of Health and Welfare, 2020.

What's next?

Your child's teacher has online lessons they will use in the classroom to continue their learning.

You can support this at home by:



Talking: Talk to your child about what they learnt.

Challenge everyone in the family to try a new food, something they have never tried before, or something they didn't used to like – but maybe will be surprised that they do now.



Doing:

Neighbourhood explorer - Head out for a walk together, set a goal before you go (length of time or destination) and then search for as many blue things as you can find!

Rainbow challenge – See if everyone in the family can eat nutritious and delicious fruits and vegetables over the course of a week that are every colour of the rainbow.



More: Check out these resources from Sanitarium:



[How to pack a healthy lunchbox](#)





[How to make ricotta and cinnamon hotcakes](#)

What did you learn?

Draw OR write what you learnt below and share a picture with us!

#lifeed #healthyharold

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