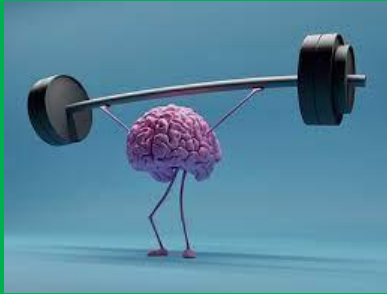


# Year 7 Personal Development

## Unit 4: Health and Puberty.



### What will I learn about this term?

We will start the term by studying healthy lifestyle. We will look at different types of exercise and revise the Eat Well Plate from your Primary School lessons.

Then we will go on to study puberty, we will study the changes that the body goes through and look at mood, hormones changes and the physical changes that developing bodies go through.

We will talk about the challenges around puberty and learn about how to handle those challenges.

Key Words	Meaning
Healthy Lifestyle	Eating a balanced diet, exercising regularly and getting plenty of rest
Eat well plate	The Eat Well plate is a visual aid that tells how much of each food group we should be eating
Food Group	The different categories of food in our diet. The main food groups are: Fruit and Vegetables, Starchy Foods, Protein, Dairy and Fat
Exercise	Activity that requires physical effort in order to maintain fitness and health
Puberty	The period time at which the body matures.
Hormones	The chemical messengers in our body.
The menstrual Cycle	The time between a person's period and the next period.
Personal Hygiene	Good personal hygiene is about how we keep our bodies clean

