

Lesson 5

Daily Wellbeing Check-in



Survey Questions and Answers

Slide 5: Water:

The recommended daily amount of water is:

- ✓ 5 glasses (1 litre) for 5 to 8 year olds
- ✓ 7 glasses (1.5 litres) for 9 to 12 year olds
- ✓ 8 to 10 glasses (2 litres) for 13+ years

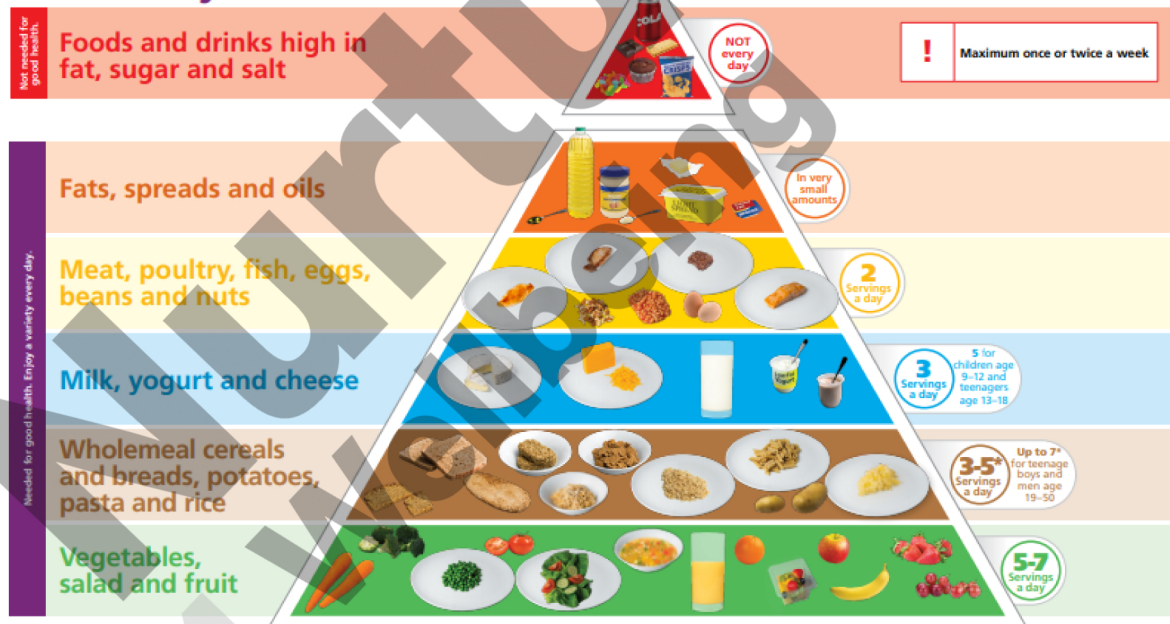
You should drink more water when you're exercising or on a hot day. We often don't feel thirsty even when our bodies need fluid, so it's a good idea to drink water regularly throughout the day.

Slide 6: Diet:

The food pyramid explains how much of each type of food you need. The image below shows what foods belong to each group and how many portions a teenager should eat each day.

The Food Pyramid

For adults, teenagers and children aged five and over



*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (13-18)	Adult (19-50)	Adult (51+)
Active	3-4	4	4-5	3-4	Inactive	3	3-4	3
Inactive	3-5	5-7	5-7	4-5	Inactive	4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.

Drink at least 8 cups of fluid a day – water is best

Get Active!
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

Slide 7: Sleep:

It is recommended that teenagers need 9 ¼ hours of sleep per night.