

Why focus on Healthy Habits?

"A healthy habit is any regularly occurring behaviour that is advantageous to your mental or physical health".

Healthy habits help young people grow up happy and healthy, as well as contribute to preventing future health problems such as diabetes, high blood pressure, high cholesterol, heart disease and cancer.

Why are Healthy Habits Important for Young People?

Learning through health and well-being enables young people to make informed decisions to improve their mental, emotional, social and physical well-being; experience challenge and enjoyment; experience positive aspects of healthy living and activity for themselves.

Healthy Habits include

- Building a Routine. It is crucial for young people to have a proper routine in their lives. ...
- Waking up early in the morning
- Set tasks for the day
- Exercising daily or doing Yoga for a healthy lifestyle
- Never skip breakfast
- Getting enough sleep
- Practice gratitude
- Eat healthy food

Why are Healthy Habits an Important Subject for Schools to Teach?

From preventing health conditions such as obesity and diabetes to improved mental health, increased confidence, better social skills, resilience and a more positive outlook, a healthy lifestyle will give a young person a strong foundation of physical and mental benefits. This will set them up for the rest of their life.

What Does Ofsted Expect Schools to Teach Healthy Habits?

Ofsted's new Common Inspection Framework includes personal development, behaviour and welfare judgment. As part of reaching this judgment, inspectors will look at the extent to which schools are successfully supporting young people to gain "knowledge of how to keep themselves healthy" and "make informed choices about healthy eating, [and] fitness" throughout their entire inspection.

Inspectors will look for evidence of a culture or ethos of exercise and healthy eating throughout their entire inspection visit, in classrooms as well as in the school canteen. They will look at the food on offer and visit the canteen to see the atmosphere and culture in the dining space and the effect this has on young people's behaviour.

"Inspectors will also speak to school leaders about how they help to ensure a healthy lifestyle for young people by helping them gain knowledge of a good diet, physical exercise and mental and physical wellbeing. In addition to this, under the judgement of 'leadership and management', they will also consider the breadth and balance of the curriculum, of which practical cookery is now a part.

This guide aims to provide teachers with guidance on how they can start the pupil's journey on understanding:

- What is being healthy is
- Contributing factors of why people cannot remain "healthy" include poverty, climate change, and how human activity impacts our eating
- Embedding being healthy into the curriculum
- Being healthy is part of every child's human right

Youth Social Action - Factors to Consider

- How do you measure the progress of young people's knowledge and skills about healthy eating?
- How do you make learning about healthy eating, including nutrition advice and practical cooking, possible for all young people and across all subjects?
- Do you use a qualified subject specialist to teach food education?
- How does the school link healthy eating to the wider personal development and behaviour to make judgements on the welfare of young people?