



Student booklet

Healthy as ...

Year 5	English
	Health & Physical Education (HPE)
Name	

Your task is to research and produce an information flyer that promotes positive health choices for a school-wide student and teacher audience.

You will:

- select a health topic
- research and record information on a retrieval chart
- create an information flyer.

Due date:

Section 1. Information retrieval chart

Name:

Feedback partner: Topic:

Select a health topic then research and record relevant information on a retrieval chart.

Steps to guide your research



1. Before starting your research, fill in the If you know it, show it organiser on the next page. By filling in this organiser, you will be able to see what you already know about lifestyle, fitness and nutrition.



2. Select one health topic from the list below.

- ☐ Exercise
- ☐ Lifestyle
- ☐ My family lifestyle
- ☐ Food types
- ☐ The digestive system
- ☐ Your own health topic (this must approved by your teacher)



3. Collect your topic retrieval chart from your teacher.

Research and record information on your retrieval chart, using the resources available in class.



4. When you have completed your retrieval chart, swap it with your feedback partner, and provide feedback for each other using the Feedback sheet provided by your teacher.

Check that:

- the information is accurate
- a variety of sources are used
- it contains both positive and negative points
- the chart has been fully completed
- the spelling is correct
- the responses are easy to read and understand.



5. Make final changes to your retrieval chart.

If you know it, show it

Name

What does exercise mean to you?

-
-
-
-
-

List the different food groups.

.....

.....

.....

What do you know about the digestive system?

-
-
-
-
-

What do you know about nutrition?

-
-
-
-

Focus question

How do our health choices influence how we feel, look and grow?

Think about the social (friendships), emotional (feelings) and physical (body, food, exercise) aspects.

What do you know about lifestyle?

-
-
-
-

I wish to learn more about:

•	•
•	•

Section 2. Information flyer

Name:

Feedback partner: Due date:

Advertising flyers can persuade and inform audiences. The way you write, and the colours and images you use, will influence how successfully you **hook** your audience.

Design and produce an A4-sized information flyer for all students and teachers promoting important facts about the topic you researched in Section 1.

Hint: Use the information you collected on your retrieval chart.

Steps to guide your information flyer production



Your flyer must include:

- different colours
- different-sized letters or words
- a hook
- persuasive words
- an image, picture or chart
- accurate information.

You can either create your flyer by hand using things such as paint, pencils and glue, or use a computer.



1. Look at the different flyer samples in class. Record some of your ideas and start to plan your flyer on draft paper. As you plan, be sure to include the six design features listed above. Consider some of the ideas listed on the Information flyer hints and ideas sheet on the next page.

Check the chart in the classroom to learn more about the text structure and language features of an information flyer.



2. Share your draft ideas with your feedback partner. Give and receive feedback using the Feedback sheet.

Make changes to your draft based on this feedback.



3. If you are using a computer to make your flyer, save your file regularly. If using paints, glue or markers, be sure to work carefully when handling and storing your work.

Finalise your information flyer by adding pictures or graphics.



4. When you have finished, give your flyer to your teacher.
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Information flyer hints and ideas

Advertisements use many techniques to make sure they stand out and sell their product or message. These include the use of images and words designed to attract an audience's attention.

Visual elements include:

- attractive objects or people
- before and after images
- stand-out colour and text
- icons or fun images (e.g. talking fruit, a cute mascot).

Hooks include:

- bonus offers (e.g. "Buy three fruit salads and receive a free drink")
- competitions (e.g. "Submit the healthiest lunch menu to win ... ")
- promises of quality, fun or results.

Language elements include:

- persuasive words (e.g. healthiest, quickest, fastest, challenging, yummy, delicious, tempting)
- catchy slogans (e.g. "You owe it to yourself", "You're worth it")
- short, direct sentences
- descriptive words (e.g. wet, wettest, big, biggest).