

# EXTRA TIME

## Learning Resources

### Day 3

### Healthy Lifestyles



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# GET ACTIVE WITH CHELSEA FC

## Willian Wednesday

### Focus: Football Skills & Balance

- Get a football.
- Stand on one leg with your other foot on the ball.
- Move the football around your standing leg.
- How many full circles can you complete before your working leg hits the floor.
- Keep your balance!
- Can you try with each leg?  
Have you got a stronger side?
- Keep practicing and beat your record.
- Test yourself: how many circles can you do in 30 seconds without losing balance.

### Manager's Challenge



What position does Willian play and does he have any special moves?

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Can you create a goal celebration for Willian?

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**FUN FACT**  
Willian joined Chelsea for £30m in 2013



# QUIZ

Today we have a fun healthy lifestyle quiz for you!

## Focus: Healthy Lifestyles

Why not try this fun quiz with family and friends?

At the end, mark your answers to see how many you have got correct.

**Q1. How many portions of fruit & vegetables should we eat every day?**

- (A) 1-2 portions
- (B) 2-3 portions
- (C) 3-4 portions
- (D) 5 or more

**Q2. Protein is good for you because...**

- (A) It adds flavour
- (B) It gives lots of energy
- (C) It helps your body grow and recover
- (D) It provides fibre

**Q3. Why is breakfast the most important meal of the day?**

- (A) Gives you energy
- (B) Improves your memory & concentration
- (C) Stops you being hungry in the morning!
- (D) All of these



# QUIZ

## Focus: Healthy Lifestyles

**Q4. A balanced diet means...**

- (A) Eating the same amount of everything
- (B) Eating lots of protein foods
- (C) Eating a mixture of foods
- (D) Eating the same at every meal

**Q5. When we are asleep, our bodies...**

- (A) Do nothing
- (B) Recover our minds
- (C) Recover from exercise
- (D) Recover from the day's mental activities and exercise

**Q6. It's an hour before your big game of football and you are hungry. What would be best to eat?**

- (A) Eat whatever you want
- (B) Banana and drink water
- (C) Burger and chips
- (D) Sweets and crisps

**Q7. We eat foods high in carbohydrates because...**

- (A) It provides energy for our body to work
- (B) It builds strong bones and teeth
- (C) It improves our eyesight
- (D) It's good for our blood



**FUN FACT**  
Willian has represented his country at two World Cups



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# QUIZ



## Focus: Healthy Lifestyles

Q8. How often should we be active?

- (A) Once a week
- (B) At the weekend
- (C) At least once a day
- (D) Twice a week

Q9. How many food groups are there?

- (A) 3
- (B) 4
- (C) 5
- (D) 6

Q10. When you're thirsty, it's best to drink...

- (A) Water
- (B) Fruit juice
- (C) Fizzy drinks
- (D) Squash



**FUN FACT**

Willian has represented his country at two World Cups

# QUIZ ANSWERS – HOW DID YOU SCORE?

## Focus: Healthy Lifestyles

### Q1. (D) 5 or more.

This is the recommended amount to lower the risk of encountering serious health problems.

### Q2. (C) It helps your body grow and recover.

Your body needs protein to help build and repair muscle, skin, and other body tissues. Protein also helps fight infection, balance body fluids, and carry oxygen through your body. When you have a wound that's healing, think of food as medicine. Eat a balanced diet with enough calories and plenty of protein.

### Q3. (D) All of these.

Breakfast is often called 'the most important meal of the day', and for good reason. As the name suggests, breakfast breaks the overnight fasting period. It replenishes your supply of glucose to boost your energy levels and alertness, while also providing other essential nutrients required for good health.

### Q4. (C) Eating a mixture of foods.

A well-balanced diet provides important vitamins, minerals, and nutrients to keep the body and mind strong and healthy. Eating well can also help ward off numerous diseases and health complications, as well as help maintain a healthy body weight, provide energy, allow better sleep, and improve brain function.

### Q5. (D) Recover from the day's mental activities and exercise.

Sleep is a vital, often neglected, component of every person's overall health and well-being. Sleep is important because it enables the body to repair and be fit and ready for another day. Getting adequate rest may also help prevent excess weight gain, heart disease, and increased illness duration.



#### FUN FACT

Willian switched from the number 22 shirt to the number 10 shirt at the start of the 2019/20 season after Eden Hazard joined Real Madrid

# QUIZ ANSWERS – HOW DID YOU SCORE?

## Focus: Healthy Lifestyles

### Q6. (B) Banana and drink water.

The amount of fibre in bananas can help make you feel fuller for longer, rather than having the weight of a heavy meal before a big game.

### Q7. (A) It provides energy for our body to work.

Carbohydrates are your body's main source of energy: They help fuel your brain kidneys heart muscles and central nervous system. For instance fibre is a carbohydrate that aids in digestion helps you feel full and keeps blood cholesterol levels in check.

### Q8. (C) At least once a day.

Children and young people aged 5 to 18 should: aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week. Take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones.

### Q9. (C) 5.

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>.

### Q10. (A) Water.

Proper hydration does more than just quench your thirst. It has numerous benefits to your health. Water is the main component of blood, which supplies cells with oxygen and nutrients and carries waste out of the body. Water regulates internal body temperature. Water lubricates joints. Water cushions vital organs.



# DAILY THINKING CHALLENGE

## Willian Wednesday



Willian has an idea:

**“WHAT WOULD HAPPEN TO THE  
WORLD IF ALL SWEETS WERE FREE?”**

Is this a good idea? Explain your answer

Who would like this idea more than others?

Discuss why this is good and bad with your friends.

### Manager's Challenge



You are a sports nutritionist at Chelsea FC - write a speech about why you like/dislike this idea.

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