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| **Minor Award Name** | **Health and Fitness** |
| **Minor Award Code** | **3N0531** |
| **Level** | **3** |

**Suggested resources to support delivery:**

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| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Healthy Eating and the Food Pyramid | PDF Booklet | This informational guide is based around the new food pyramid. It explains how to use the food pyramid and has tips for planning meals and getting active. | Safefood.eu | <http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/Food-Pyramid-leaflet.pdf> |
| Website | This website provides sample menus, based on the food pyramid, for a range of age groups. | Healthy Ireland | <http://www.healthyireland.ie/health-initiatives/heg/> |
| PDF Booklet | The Healthy Eating Guide, it is similar to the Food Pyramid guide and is used in Northern Ireland. It takes a close look at each of the five food groups and provides tips for cutting down on sugar, salt etc. | Safefood.eu | <http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/finaleatwellguide23mar2016nothernireland23rd.pdf> |
| Workbook | This workbook is part of a literacy series produced by NALA. It contains a section called Healthy Lifestyle which provides useful, easy to use information and worksheets on the food pyramid, vitamins, reading food labels etc. | NALA | <https://www.nala.ie/sites/default/files/publications/Read%20Write%20Now%20Learner%20Workbook%202_1.pdf> |
| Calories | Factsheet | This factsheet provides a simple overview of calories and explains how many calories your body needs. It also provides a link to a very useful calorie checker.  Please note that when you click on the link opposite you will be brought to a sign in page. X out of this and the relevant content page will appear. | NHS | <http://www.nhs.uk/livewell/loseweight/pages/understanding-calories.aspx> |
| Benefits of a Healthy Lifestyle | Article | A short article that lists the different kinds of food which are important for good skin. | Jo Lewin  Associate Nutritionist | <https://www.bbcgoodfood.com/howto/guide/eat-your-way-fabulous-skin> |
| Prezi | A short informative presentation on the benefits of a healthy lifestyle. Good to use for classroom work. It also contains 4 links to short videos on improving your lifestyle. | Jennifer Yin | <https://prezi.com/-gktk3xhppn0/factors-that-create-a-healthy-lifestyle/> |
| Factors Affecting Fitness | Prezi | Very user friendly presentation on the factors affecting fitness. It comes with a full transcript if needed, and can be copied to your hard drive. | Melissa Hamada | <https://prezi.com/7uey74kw_b4g/factors-affecting-fitness/> |
| Components of Fitness | Power Point Presentation | Power Point presentation on the components of fitness. It offers a good explanation of each component and lists examples. It is available to download | Amanladda | <https://www.slideshare.net/amanladda/53-components-of-fitness> |
| Video | Very clear and easy to understand explanation of the components of fitness. | KMulleny | <https://www.youtube.com/watch?v=xkJeE6-lHoQ> |
| Benefits of Physical Activity | Infographic | Excellent infographic on the benefits of physical activity for adults. All the relevant information is presented in a simple, user friendly way. Click on the link opposite and at the bottom of the page there is a link to download the infographic. | NHS Health Scotland | <http://www.paha.org.uk/Resource/physical-activity-infographic-for-adults>  above website will not open |
| Website | This website presents an interactive map of the body. When you click on different parts of the body it shows you the risks to your health associated with not exercising. | The Conversation | <https://theconversation.com/interactive-body-map-physical-inactivity-and-the-risks-to-your-health-68157> |
| Video | Excellent presentation with graphics on the benefits of exercise to your health. | Dr. Mike Evans | <https://www.youtube.com/watch?v=aUaInS6HIGo> |
| Safety factors to be considered when taking part in physical activities | Information Sheet | 10 simple tips for exercising safely. Printer friendly. | Harvard Health Publications | <http://www.health.harvard.edu/healthbeat/10-tips-for-exercising-safely> |
| Warm up and warm down exercises | Video | Short exercise video showing easy warm up stretches. It is aimed at the over 50’s but is applicable to all especially those who are just starting to get fit. | jamluchan | <https://www.youtube.com/watch?v=TTQK9aWZVds> |
| Video | Short clip with examples of warm up and warm down exercises. | eHowFitness | <https://www.youtube.com/watch?v=z-gH_dMFV-Y> |
| Places to get active | Website | The Get Ireland Active website provides lots of information on different ways to get active. It also provides information on local initiatives and facilities for getting active. This includes park runs, local clubs etc. | Get Ireland Active | <http://www.getirelandactive.ie/Adults/Where-to-get-active/> |
| The causes of stress and the management of stress. | Article | An informative and accessible article on the causes of stress and its effects on health. Printer friendly. | Webmd | <http://www.webmd.com/balance/guide/causes-of-stress#1> |
| Website | Comprehensive overview of stress triggers and the management of stress. | HSE | <https://www.hse.ie/eng/health/az/S/Stress/Causes-of-stress.html> |
| Website | Good resource for tips on protecting your mental health and wellbeing. | Mental Health Ireland | <http://www.mentalhealthireland.ie/mental-health-and-wellbeing/> |
| Smoking | Information Sheet | Provides information on the effects smoking has on the body. | HSE Quit Team | <https://www.quit.ie/1-in-every-2-smokers/> |
| Video | Very informative video outlining the effects of smoking on health and appearance etc. | iheed.org | <https://www.youtube.com/watch?v=lW6hwmdZbmE> |
| Substance Abuse | Website | A comprehensive resource for information on different types of drugs and their effects on the body and mind. This website also contains multimedia resources for use in the classroom. | The Ana Liffey Drug Project The name of the website is Drugs.ie but it is managed by the Ana Liffey Drug project. If you click on the *contact us* link you will see this information, but perhaps drugs.ie will suffice.  Please double check source. The source I found was drugs.ie | <http://www.drugs.ie> |
| Lifestyle Diary | Worksheet | An easy to use template for keeping a lifestyle diary. | SCOTT Project | <http://www.bbc.co.uk/radio4/womanshour/download/my_lifestyle_diary.pdf> |
| Team Work | Information sheet | Concise list of essential skills needed for teamwork. | Weebly for Education | <http://glc2o1.weebly.com/7-essential-skills-for-teamwork.html> |
| Article | Another easy to understand list of the characteristics of good team work. | Ronald E. Riggio Ph.d | <https://www.psychologytoday.com/blog/cutting-edge-leadership/201301/characteristics-good-work-team-members> |
| Communication with peers | Article | Great set of tips with visuals on effective communication. | Wikihow | <http://www.wikihow.com/Develop-Good-Communication-Skills> |
| General | Television Series | Operation Transformation - Television series following a number of people who are undertaking to improve their diet and start exercising more. Information is provided on diet, healthy recipes and exercise. The TV series is available on RTE Player. | RTE | <https://www.rte.ie/player/ie/show/operation-transformation-760/10755954/> |
| Website | The official website for Operation Transformation also provides a wide range of information on healthy eating and exercise. | RTE | <https://ot.rte.ie> |
| Resource Pack | This resource pack is produced by NALA. It contains numerous resources themed around Health. It includes worksheets on smoking, Ecstasy, fitness levels, eating well, and food labels. It can be ordered from NALA. | NALA | <https://www.nala.ie/resources/health-pack> |
| Website | This is a great website which provides a variety of information on healthy living – from tips on exercise to healthy eating. It also includes an interactive exercise pyramid which gives suggestions for how much exercise one should do. | Nutrition and Health Foundation | <http://www.nutritionandhealth.ie/Sectors/nhf/nhf.nsf/vPages/Home?OpenDocument> |

**Useful Organisations:**

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| **Name** | **Contact Information** |
| Nutrition and Health Foundation | <http://www.nutritionandhealth.ie/Sectors/nhf/nhf.nsf/vPages/Home?OpenDocument> |
| NALA | <https://www.nala.ie/> |
| The Ana Liffey Drug Project | <http://www.aldp.ie/> |
| Mental Health Ireland | <http://www.mentalhealthireland.ie/> |
| Safefood.eu | <http://www.safefood.eu/Home.aspx> |
| Healthy Ireland | <http://www.healthyireland.ie/> |
| HSE Quit Team | <https://www.quit.ie/> |
| Get Ireland Active | <http://www.getirelandactive.ie/> |

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| **MOOCs (Massive Online Open Courses)** | |
| Free access to online courses  Search regularly for new courses and new start dates | <https://www.mooc-list.com/> |