**Class Lynher Holiday Homework**

To finish off our units in science and PSHE, in the first week back you are going to be writing a leaflet promoting a healthy lifestyle.

Your homework is to write **notes** **(NOT FULL SENTENCES)** to enable you to do this. You can use information and ideas we have discussed in class as well as any additional information you find out yourself.

You need to make sure that your notes cover the following topics:

* the importance of exercise
* what makes a healthy diet and why it’s important
* drugs
* alcohol
* smoking
* why having a positive image of yourself is important (link to photoshopping)