

INTRODUCTION

Learning to have a healthy lifestyle can contribute to students' personal, social and emotional wellbeing. It helps them to manage life, in learning and later in work well. Learning about having a healthy lifestyle includes supporting students to balance what they eat and drink, the exercise they do, the time for social interaction, the amount of rest they take. It also includes helping them develop a positive mental attitude to life. It provides learners with the skills and knowledge to make healthy lifestyle choices, both now and in the future.

The project "For a healthy life" includes 15 hours of CLIL materials aimed at students in the third cycle of Primary Education.

It is divided into 3 main lessons: the first one deals with the importance of a healthy intake of food and drink; the second one aims to raise students' consumer awareness in 2 aspects: one related to the diversity of food choices as an enriching factor for them as individuals; the other related to the many aspects that can influence them when eating or buying; the third lesson looks at the science part of how the body works when doing exercise and the healthy consequences of this.

The project embraces science and social aspects of the Catalan curriculum with the content in the 3 lessons. Moreover, other cross-curricular areas are included in the project such as mathematics and IT so students can learn about healthy lifestyles in a holistic way, integrating different academic school subjects

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