

Grade 6 Informative Writing Guide

A Healthy Lifestyle for School Students

Helpful Points for Students

1. Introduction – What is a healthy lifestyle?

- A healthy lifestyle means making choices that keep the body and mind healthy.
- It includes healthy food, exercise, sleep, hygiene and good habits.
- Healthy habits are especially important for growing students.

2. Eat a balanced diet

- Eat a variety of foods: fruit, vegetables, grains, protein and dairy.
- Eat regular meals, especially breakfast.
- Choose nutritious snacks such as fruit, nuts or yoghurt.
- Avoid eating too much junk food, sweets and fried food.
- A balanced diet means eating different types of food in the right amounts.

3. Drink enough water

- Water keeps the body hydrated.
- Students should drink water throughout the day.
- Too many sugary drinks can be unhealthy.
- Technical word: Hydration – having enough water in the body.

4. Exercise regularly

- Students should stay physically active every day.
- Activities could include walking, swimming, cycling, running or playing sports.
- Exercise helps keep the heart, muscles and bones strong.
- It can also help students feel energetic.

5. Get enough sleep

- Growing students need plenty of sleep.
- A regular bedtime can help students feel rested.
- Lack of sleep can make it harder to concentrate and learn.
- Avoid using phones or other screens immediately before sleeping.

6. Limit screen time

- Too much time on phones, tablets, computers and television can reduce physical activity.
- Students should take regular breaks from screens.
- They should spend some time outdoors and with family or friends.

7. Look after mental health

- A healthy lifestyle is not only about the body.

- Students should make time to relax and enjoy hobbies.
- Talking to a trusted adult when worried or stressed can be helpful.
- A good balance between school, activities and rest is important.

8. Keep good hygiene

- Wash hands regularly.
- Brush teeth twice a day.
- Shower regularly and wear clean clothes.
- Good hygiene helps prevent the spread of germs.

9. What does NOT make a healthy lifestyle?

- Eating too much fast food.
- Drinking too many sugary drinks.
- Not exercising.
- Getting too little sleep.
- Spending excessive time on screens.
- Skipping meals.
- Not drinking enough water.

10. Conclusion

- A healthy lifestyle is made up of small, regular habits.
- Eating well, exercising, sleeping properly and looking after mental health can help students stay healthy.
- Healthy habits can also help students feel energetic and concentrate at school.

Grade 6 Informative Writing Checklist

Content & Organisation

✓	I have a clear and suitable title.
✓	My introduction clearly introduces the topic.
✓	I have included relevant facts and information.
✓	I have organised my ideas in a logical order.
✓	I have used separate paragraphs for different ideas.
✓	I have included examples where they help explain my ideas.
✓	I have explained any technical or unfamiliar words.

Language & Style

✓	I have written mainly in the third person.
✓	I have used the present tense to give general information.
✓	I have used a formal and informative tone.
✓	I have avoided unnecessary personal opinions such as “I think...”.
✓	I have used linking words such as also, however, therefore, for example and in addition.
✓	I have used clear and precise vocabulary.

Accuracy & Presentation

✓	My facts are accurate and relevant.
✓	My sentences are complete and make sense.
✓	I have checked my spelling.
✓	I have checked my capital letters and punctuation.
✓	I have used paragraphs correctly.
✓	My conclusion summarises the main information.

Remember

I	Introduce the topic
N	New facts and information
F	Facts explained clearly
O	Organise ideas logically
R	Remember your reader
M	Make your writing clear

Examples to Remember

- **Third person:** ✓ Students should eat a balanced diet. ✗ I think we should eat a balanced diet.
- **Present tense:** ✓ Exercise helps students stay healthy. ✗ Exercise helped students stay healthy.
- **Informative, not persuasive:** ✓ Regular exercise helps strengthen muscles and improves fitness. ✗ Everyone must exercise because it is the best thing to do.

Planning tip: Paragraph 1 – What is a healthy lifestyle? Paragraph 2 – Healthy food and water. Paragraph 3 – Exercise and sleep. Paragraph 4 – Screen time, hygiene and mental health. Paragraph 5 – Unhealthy habits to avoid and conclusion.

Important: This is informative writing. The conclusion should summarise the main information rather than presenting “pros and cons” like a discussion or argument.