

Threshold Concept

- How people’s physical, intellectual, emotional and social well-being are linked.
- To recognise what is health and well-being and what influences it.

**What are P.I.E.S.:**

Physical  
Intellectual  
Emotional  
Social

All of these make up the definition to what is health and well-being.



Physical



Intellectual



Emotional



Social

As we move through the life stages our P.I.E.S. develop. We focus on the three primary life stages:

- Childhood (0-18)
- Adulthood (18-65)
- Old Age (65+)

Using this information you should be able to:

- Define what is health and well-being
- Describe the different life stages.

You should be able to use this knowledge to describe how humans develop physically, intellectually, emotionally and socially across the different life stages.

Humans grow and develop across all life stages. However our growth and development can be influenced by several factors, mainly, healthy eating.



**The five food groups!**



Fruit and vegetables



Proteins



Carbohydrates



Dairy



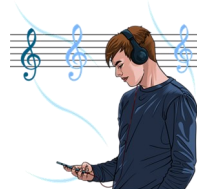
Fats and sugars

In order to have a healthy balanced diet, you must consume the correct amount of the five food groups. Having a healthy balanced diet can affect your growth and development across all three life stages. A mothers diet can even influence her unborn child's growth and development!

We also experience every day feelings that can impact our growth and development. One of these is stress. Stress is the body’s reaction to feeling under pressure.



Stress gets to us all. However, there are plenty of ways we can deal with stress.



There are numerous ways in which we can deal with stress. Some of the most effective are either listening to music or spending time in nature. This helps relax the body and in turn can relax the mind, helping to cope with stress.

**Impact of life events on P.I.E.S.**

Often life events can have an impact on our health and well-being. This means that certain life events can impact on your physical, intellectual, emotional and social health. There are two types of life events, **expected** and **unexpected**.

These are some examples of different life events that occur across the life stages;

- |                     |                 |
|---------------------|-----------------|
| First day of school | Buying a house  |
| First words         | Retiring        |
| First job           | Getting married |
| Making a friend     | Having a child  |