## Grade 1

### Lesson 5

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### Context
- Benefits of leading a healthy lifestyle.

### Linking with previous lesson
- Integrate the learners’ nutrition and physical activity knowledge that they gained in the previous 4 lessons.

### Linking with next lesson
- N/a.

### Core knowledge
- Understanding why we need to eat
- Understanding eating habits and what counts as healthy eating.

### Learning activities and assessment
- **Warm-up**
  - Discussion on the learners’ eating habits and what counts as healthy eating
  - Learners identify the healthiest foods on a poster
  - A fun exercise to get children moving and help them remember healthy foods

- **Cool-down**
  - Introduce learners to worksheet for lesson 5.

### Forms of assessment
- **Worksheet**
- **Oral/discussion.**

### Resources
- Poster of healthy and unhealthy foods
- Different types of fruit or pictures of different types of fruit
- Worksheets.

### Expanded opportunities
- Encourage learners to use their knowledge in their everyday lives so that they can reap the benefits of leading healthier lives.

### Teacher reflection
- The discussion helps reinforce learners’ understanding of healthy eating
- The activity shows learners that physical activity can be fun.
Lesson 5: Get active and eat healthily! (30 minutes)

1 Outcomes
By the end of this lesson the learners should be able to:
• Explain the benefits of a healthy diet
• List examples of healthy foods.

2 Teacher’s corner
The aim of lesson 5 is to integrate the learner’s nutrition and physical activity knowledge that they gained in the previous 4 lessons. Therefore, the theoretical base for this lesson is the same as for lessons 1 to 4.

3 Activities
For lesson 5, you’ll need the following equipment:
• For exercise 2: a poster of foods, which you need to prepare beforehand. Cut out pictures of different foods from a magazine and paste them on a large poster or A3 piece of paper. You should have both healthy and unhealthy foods on the poster
• Different types of fruit or pictures of different types of fruit. There should be 1 for each learner in your class. You do not need a different type of fruit for each learner, but should have a few examples of different fruits.

Activity 1: Warm-up (5 minutes)
Choose a warm-up exercise from the list of warm-up and cool-down exercises.

Activity 2: What’s on your plate? (5 to 10 minutes)
Activity 2 is an exercise that shows the learners how to tell the difference between healthy and unhealthy foods. It may be useful to start with a discussion on the learners’ eating habits and views of what counts as healthy eating.
• Ask the learners what they ate for supper the previous day
• Ask the learners why they think they need to eat food every day.
After the discussion, you can introduce the poster of healthy and unhealthy foods.
• Use the poster to show the learners a list of foods that includes both healthy and unhealthy foods
• Ask the learners to identify the healthiest foods on the poster.
Activity 3: The fruit basket shuffle (10 minutes)
Activity 3 is a fun exercise to help learners get to know the different types of fruit.
• Seat all the learners in your class in a large circle
• Give each learner a fruit or picture of a fruit as you move from one learner to the next
• When you give them their fruit, put your hand on their head and tell them their fruit
• When you call out a specific fruit, apple for example, then all the learners with apples must jump up and swap places with another learner with an apple
• If you call ‘fruit basket shuffle’, then all the learners (as they each have a fruit) must jump up and swap places with each other.

Activity 4: Cool-down (2 to 5 minutes)
Choose a cool-down session from the list of warm-up and cool-down exercises.

Wrap up (2 to 5 minutes)
Briefly revise the benefits of a healthy diet with the learners. Ensure the learners remember the benefits of physical activity that you taught in the previous lessons. Introduce the worksheet for lesson 5 to the learners.
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Worksheet: Grade 1, lesson 5

Task 1: Where’s the food?

Find the healthiest foods and colour them in.