

Grade 1

Lesson 5

Lesson plan

Lesson theme	Get active and eat healthily	Grade	1
Duration	30 minutes	Date/week	
Context			
<ul style="list-style-type: none">Benefits of leading a healthy lifestyle.			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none">Integrate the learners’ nutrition and physical activity knowledge that they gained in the previous 4 lessons.		N/a.	
Core knowledge			
<ul style="list-style-type: none">Understanding why we need to eatUnderstanding eating habits and what counts as healthy eating.			
Learning activities and assessment			
<ul style="list-style-type: none">Warm-upDiscussion on the learners’ eating habits and what counts as healthy eatingLearners identify the healthiest foods on a posterA fun exercise to get children moving and help them remember healthy foodsCool-downIntroduce learners to worksheet for lesson 5.			
Forms of assessment		Resources	
<ul style="list-style-type: none">WorksheetOral/discussion.		<ul style="list-style-type: none">Poster of healthy and unhealthy foodsDifferent types of fruit or pictures of different types of fruitWorksheets.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">Encourage learners to use their knowledge in their everyday lives so that they can reap the benefits of leading healthier lives.		<ul style="list-style-type: none">The discussion helps reinforce learners’ understanding of healthy eatingThe activity shows learners that physical activity can be fun.	

Grade 1

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.

Grade 1

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.

4 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.



Grade 1

Name: _____

Worksheet: Grade 1, lesson 5

Task 1: Where's the food?

Find the healthiest foods and colour them in.

