

Grade 2

Lesson 5

Lesson plan

Lesson theme	Turn the TV off	Grade	2
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 nutrition and physical activity knowledge gained in the previous 4 lessons.		<ul style="list-style-type: none">Learners learn how to lead healthier lifestyles.	
Core knowledge			
<ul style="list-style-type: none">Understanding healthier lifestyle habits:<ul style="list-style-type: none">Less sedentary lifestyleImproved eating habitsMore physical activity.			
Learning activities and assessment			
<ul style="list-style-type: none">Learners discuss what interesting activities they can do to occupy their time instead of watching televisionIntroduce learners to the worksheet for lesson 5Read through healthy meal recipes and discuss the benefits of healthy eatingAfter several days, when learners have completed their worksheets, they provide feedback in class on their experiences.			
Forms of assessment		Resources	
<ul style="list-style-type: none">WorksheetOral/discussion.		<ul style="list-style-type: none">A copy of the worksheet for each learnerA chalkboard/big sheet of paperCopies for each learner of the recipes listWorksheets.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">Learners can practise at home with their families some of the activities they have learnt in the previous 4 lessonsLearners can experiment and create their own healthy meal recipes.		<ul style="list-style-type: none">Learners understand the importance and benefits of adopting healthier lifestyle habits.	

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Lesson 5: Turn the TV off (30 minutes)

1 Outcomes

By the end of this lesson the learners should be able to:

- Plan a healthy meal
- Plan their physical activities
- Discuss the health benefits of physical activity and healthy eating.

2 Teacher's corner

The aim of this lesson is to integrate the nutrition and physical activity knowledge gained in the previous 4 lessons. Therefore the theoretical base for this lesson is the same as that for lesson plans 1 to 4. You will encourage the learners not to watch TV for a few days and give them some healthy recipes to cook at home.

Please see the recipes on the enclosed recipes list to hand out to the learners.

3 Activities

For lesson 5, you'll need the following equipment:

- A copy of the worksheet for each learner
- A chalkboard/big sheet of paper
- Copies for each learner of the recipes list.

Activity 1 (10 to 15 minutes)

Decide as a class on either a few days, or a week of no television.

- Tell learners that the aim of the activity is to practise healthier lifestyle habits – Less sedentary lifestyle, improved eating habits and more physical activity

Sedentary lifestyle includes watching TV and using the computer.

- Talk about interesting activities to do to occupy the learners' time other than watching television
- Brainstorm fun ideas that learners and their families could do. They could teach their family an indigenous game or learn a game their parent/grandparent played as a child. Write them on the chalkboard
- Discuss what learners could do if the temptation to turn on the television becomes great
- Hand out the worksheet for lesson 5 and remind learners to record their activities daily.

Tips for activity 1

This activity might initially not be received with much enthusiasm, since the idea of not watching television may not seem like fun for the learners!

Before doing the activity, let the learners inform their parents of the decision to turn off the television for a few days. Tell the learners that together you are going to think of fun alternative things to do instead of watching television.

Although the introduction of the activity will be done in class, the learners have to record their activities on their worksheet each day.

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Activity 2 (10 to 15 minutes)

Decide as a class on either a few days, or a week of no television.

- Hand out a copy of healthy meal recipes to each learner
- Read through the recipes together
- Discuss the benefits of healthy eating and that making healthy snacks can be fun
- Briefly explain how to make each meal
- Allow the learners to take the copies of the recipes home
- Make sure you tell the learners that they need help from an adult when they prepare the healthy meals.

4 Wrap up (5 minutes)

Remind the learners of everything they have learned in the 4 previous lessons. Encourage them to try some of the activities at home with their families. After a few days, when learners have completed the worksheet, let them report back in class on:

- What they enjoyed the most about not watching TV
- What they found difficult
- What they would like to continue to do with their families.



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Name: _____

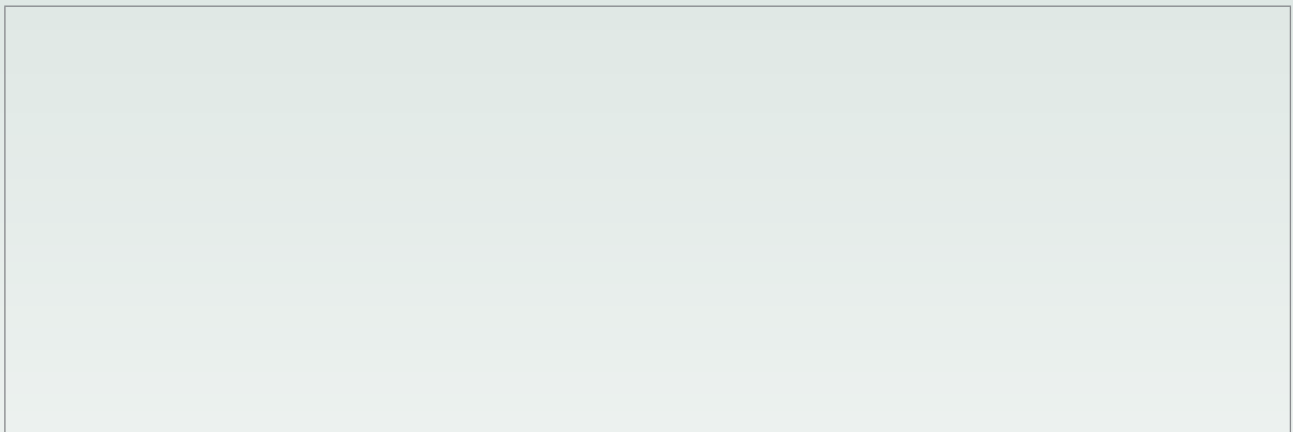
Worksheet: Grade 2, lesson 5

Task 1: TV turn-off

Plan physical activities your family can do together instead of watching TV. Record what your family does for the 'TV turn-off' days. Write down the activities you and your family did.

Day	Activity

Draw a picture of you and your family during TV turn-off.



Write down which activities you enjoyed the most instead of watching TV.

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List of recipes

Make sure you have help from an adult when you make these meals.

1 Edible veggie bowl (serves 1)

Ingredients

- 1 washed green, yellow or red pepper
- 1 washed bunch of celery
- 1 washed and peeled carrot
- Your favourite low-fat salad dressing.

The tools you'll need

- Knife (you'll need help from an adult)
- Cutting board.

Here's what to do

1. Cut the pepper in half so that you have a top and bottom half and clean out the insides. Now you have 2 pieces. 1 will be your pepper-shaped bowl
2. Cut the other half of the pepper into skinny slices
3. Cut the carrot into thin sticks about 10 cm long
4. Cut the celery into thin sticks about 10 cm long
5. Put a little salad dressing in the bottom of your pepper bowl
6. Put the celery sticks, carrot sticks and pepper slices into the pepper bowl
7. Now you've got a portable veggie treat! You can eat the veggies with a little dressing. When you're finished with the veggies, it's time to eat the bowl!

2 Strawberry smoothie (serves 1)

Ingredients

- 2 ice cubes
- 1 cup of milk
- $\frac{1}{3}$ cup of cottage cheese
- $\frac{2}{3}$ cup of frozen strawberries
- 1 and a half teaspoons of sugar
- 1 teaspoon of vanilla extract.

The tools you'll need

- Blender (you'll need help from an adult)
- Measuring cups and spoons
- Serving glass.

Here's what to do

1. Pour all the ingredients into the blender
2. Put the lid on the blender and blend for 45 to 60 seconds until smooth
3. Pour your smoothie into the serving glass and enjoy.

3 Breakfast casserole (serves 6)

Ingredients for the crust

- 2 cups of grated raw potatoes
- $\frac{1}{2}$ a cup of chopped onions
- 2 tablespoons of melted margarine.

Ingredients for the filling

- $\frac{3}{4}$ cup of cooked, lightly ground sausage
- $\frac{1}{3}$ cup of shredded, light cheddar cheese
- $\frac{1}{3}$ cup of part-skim, shredded mozzarella cheese
- 4 eggs
- 6 egg whites
- 1 teaspoon of dried basil
- 1 teaspoon of dried oregano
- $\frac{1}{2}$ a teaspoon of dried parsley.

The tools you'll need

- Oven (you'll need help from an adult)
- Non-stick cooking spray
- Measuring spoons and cups
- Pie pan
- Mixing bowls
- Knife (you'll need help from an adult)
- Fork or whisk.

Here's what to do

To make the crust:

1. Preheat the oven to 220 degrees Celsius
2. Coat the pie pan with non-stick cooking spray
3. Mix potatoes and chopped onion
4. Press potato mixture evenly over the bottom and sides of the pie pan
5. Pour margarine evenly over the potatoes
6. Bake for 30 minutes.

To make the filling:

1. Spread cooked sausage evenly over the crust
2. Sprinkle cheeses evenly over the sausage
3. In a separate bowl, beat eggs, egg whites and spices
4. Pour egg mixture evenly over the cheeses
5. Lower oven temperature to 180 degrees Celsius. Bake for 40 to 45 minutes or until the centre is set and a knife comes out clean after putting it into the pie.

4 Crunchy veggie wrap (serves 4)

Ingredients

- $\frac{1}{2}$ cup of fat-free cream cheese
- 4 20 cm flour tortillas
- $\frac{2}{3}$ cup of shredded romaine lettuce
- $\frac{2}{3}$ cup of shredded red cabbage
- 1 diced red tomato
- $\frac{1}{4}$ cup of sliced red onions
- $\frac{1}{3}$ cup of grated carrots
- $\frac{1}{4}$ cup of grated cheese
- 1 cup of sprouts.

The tools you need

- Knife (you'll need help from an adult).

Here's what to do

1. Spread 2 tablespoons of cream cheese over 1 side of each tortilla
2. Divide remaining ingredients evenly among the tortillas
3. Roll up each tortilla
4. Cut each rolled wrap diagonally in half.

These recipes are taken from www.kidshealth.org