

Grade 3

Lesson 3

Lesson plan

Lesson theme	Does nutrition make a difference	Grade	3
Duration	30 minutes	Date/week	
Context			
<ul style="list-style-type: none">• Making healthier food choices• Benefits of leading a healthy lifestyle.			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none">• Learners learn how to lead healthier lifestyles.		<ul style="list-style-type: none">• Expand learners' knowledge of healthy and poor eating habits.	
Core knowledge			
<ul style="list-style-type: none">• Understanding healthy and poor dietary habits• Understanding what constitutes a healthy, well-balanced diet.			
Learning activities and assessment			
<ul style="list-style-type: none">• Discussion on a healthy diet• Learners fill in a cartoon strip of a story about a child who eats a well-balanced diet and is healthy and happy.			
Forms of assessment		Resources	
<ul style="list-style-type: none">• Worksheet• Oral/discussion.		<ul style="list-style-type: none">• An A4 page with cartoon strip and a few blank lines underneath• Worksheets.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">• Encourage learners to eat a well-balanced diet and become healthy and happy themselves.		<ul style="list-style-type: none">• The discussion shows learners what a well-balanced diet is and how it will help them lead healthier lives.	

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Lesson 3: Does nutrition make a difference? (30 minutes)

1 Outcomes

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

- List 3 ways that a healthy diet can improve physical wellness
- List 3 ways that a healthy diet can improve mental wellness.

2 Teacher's corner

The aim of this lesson is to introduce learners to:

- Healthy and poor dietary habits
- How healthy and poor dietary habits affect personal health.

You should explain that a well-balanced diet has many health benefits.

- Many harmful conditions can be improved or avoided by eating an adequately nutritious diet: anaemia, obesity, allergies, tooth decay, arthritis, osteoporosis, heart attacks, strokes and high blood pressure
- If one eats correctly, one is much more likely to feel healthy and be able to do enjoyable things
- Eating a variety of foods in the right proportions will help to avoid the problems of overeating and will ensure that a variety of nutrients are obtained
- Choosing a diet with plenty of vegetables, fruits and grain products helps to prevent constipation, cancer, obesity, heart attacks and strokes. The fibre also helps the food to move through the system faster.
- Limiting the amount of sugar one eats helps to prevent obesity and tooth decay. Instead, we should try to eat more nutrient-rich foods.

Eating a healthy, well-balanced diet that is low in fat helps to maintain a healthy weight, which in turn has many health benefits:

- Maintaining a healthy weight will decrease the chances of suffering from heart disease, a stroke, certain cancers and obesity
- Choosing a diet that is low in fat (especially saturated fat) and cholesterol helps to prevent high blood pressure, heart attacks, strokes and obesity. High blood pressure and heart attacks are caused by blockages within the arteries going to the heart. A stroke is caused when a blood vessel going to your brain is blocked.
- Using salt in moderation will also reduce the risk of suffering from high blood pressure, which is associated with heart attacks and strokes.

3 Activities

For lesson 3, you'll need the following equipment:

- An A4 page with the cartoon strip and a few blank lines underneath. Give each learner a copy of the A4 page with the cartoon strip.



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- Cartoon strip: 'Winning Welile'



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Activity 1: Discussion on a healthy diet (5 minutes)

Tell the learners about what foods make up a healthy diet. Be sure to discuss the following points:

- The importance of variety in a diet
- Food containing a lot of sugar and fat should be eaten in moderation. List typical foods that are high in sugar (fizzy drinks, sweets etc) and fat (hamburgers, chips, etc).
- Explain the link between feeling healthy and energetic and eating a balanced diet.

Activity 2: Make healthy food choices (20 minutes)

Start off by asking the learners if they ate breakfast and then let them describe to you what they ate.

Tell a story about a learner who eats a well-balanced diet and is happy and healthy. Emphasise the importance of eating breakfast.

- Give each learner a copy of the cartoon strip template
- Place the learners into groups and complete the story by writing underneath the pictures
- Ask each group to tell their story to the class.

4 Wrap up (5 minutes)

Remind the learners that eating a healthy diet means eating a variety of nutritious foods. Emphasise the benefits of a healthy diet and how this is represented by the cartoons.



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Name: _____

Worksheet: Grade 3, lesson 3






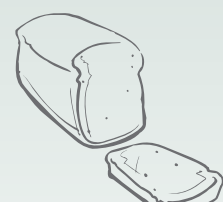





Task 1: Healthy or unhealthy

Complete the table below. If you think the eating habit below is healthy, place a tick in the 'healthy' column. If you think it is unhealthy, place a tick in the 'unhealthy' column. If you don't know, draw a question mark.

Eating habit	Healthy	Unhealthy
Eating breakfast every day		
Drinking lots of fizzy drinks		
Drinking clean water		
Eating chocolates and sweets instead of supper		
Eating lots of vegetables and fruit		
Putting lots of sugar into your tea		

Task 2: Connect the dots

Link the healthy foods using a green crayon, and the unhealthy foods using a red crayon.

Apple					Bread
Banana					Lollypop
Carrots					Sweets
Milk					Pizza
Fizzy drinks					Chocolate
Ice cream					Ice cream