

## Grade 3

## Lesson 5

### Lesson plan

Lesson theme	Healthy challenge quiz	Grade	3
Duration	30 minutes	Date/week	
Context			
<ul style="list-style-type: none"><li>Benefits of leading a healthier lifestyle.</li></ul>			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none"><li>Integrate the nutrition and physical activity knowledge the learners gained in the previous 4 lessons.</li></ul>		N/a.	
Core knowledge			
<ul style="list-style-type: none"><li>Same theoretical base for lessons 1 to 4.</li></ul>			
Learning activities and assessment			
<ul style="list-style-type: none"><li>Discussion about what the learners eat, what physical activity they do and how often they do physical activity. They also discuss ways in which to make their lives healthier</li><li>Learners do a quiz</li><li>Learners set goals to help them lead a healthier lifestyle and, after 2 weeks, give feedback on how well they did.</li></ul>			
Forms of assessment		Resources	
<ul style="list-style-type: none"><li>Worksheet</li><li>Oral/discussion.</li></ul>		<ul style="list-style-type: none"><li>Worksheets.</li></ul>	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none"><li>Encourage learners to set more health goals for themselves that they should try and meet.</li></ul>		<ul style="list-style-type: none"><li>The quiz helps learners revise all they have learnt in the previous 4 lessons</li><li>Setting up health goals makes the experience of adopting a healthier lifestyle more fun and rewarding for learners.</li></ul>	

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### Lesson 5: Healthy challenge quiz (30 minutes)

#### 1 Outcomes

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

- Check their own health habits and identify ways they can improve them
- Set some food and physical activity-related health goals.

#### 2 Teacher's corner

The aim of this lesson is to integrate the nutrition and physical activity knowledge the learners gained in the previous 4 lesson plans. Therefore, the theoretical base for this lesson is the same as that for lessons 1 to 4.

#### 3 Activities

For this lesson you'll need to have a copy of the worksheet for each learner.

##### Activity 1: Let's talk about our lifestyles (20 to 25 minutes)

Activity 1 involves stimulating discussion about what the learners eat and how much physical activity they do. Through the discussion and the quiz that follows, the learners should be able to analyse their own lifestyle habits and identify ways to improve them.

- Let the learners talk about their lifestyle habits. Let them think about what they eat, what physical activity they do and how often they do them
- Allow the learners to discuss how they relax and how much rest and sleep they get
- Tell the class to think of ways of making their lifestyles healthier.

After the discussion, you should introduce the quiz.

- Read through the quiz with the learners, making sure that they understand the words and concepts
- Instruct the learners to complete the quiz on the front worksheet. Tell them not to think too deeply about each sentence. They should just give their immediate response
- Make sure the learners do not turn the worksheet over to see the tips and assessments of their answers until they have completed the quiz.

It should not take more than 5 minutes for the learners to complete the quiz.

- Once they have completed the quiz, tell the learners to read the tips at the back of the worksheet and set some goals to help them lead a healthier lifestyle
- Encourage the learners to display their goals in a visible place at home so they will be reminded to stick to them
- They should complete the following sentences to set their goals. They can have more than 1 food or activity goal if they choose.
  - My food goal is to ...
  - My activity goal is to ...

##### Tips for activity 1

Encourage the learners to be honest when describing their health habits and to set realistic and achievable health goals. Talk about how each learner's needs may be different and the aim of the activity is self-improvement and not merely to complete the activity.



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### 4 Wrap up

Encourage the learners to stick to their goals. You could celebrate their successes by allowing them to tell their peers about their progress.

However, do not force learners to share if they are not comfortable doing so.

After 2 weeks, give the learners the opportunity to share with the class how well they did:

- They can rate their performance as great, average or not so good
- Let them tell you what went well and what was difficult or challenging.

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Name: \_\_\_\_\_

## Worksheet: Grade 3, lesson 5

### Task 1: Nutrition quiz

Complete the quiz on your own. Circle only 1 answer for each sentence.

**1. When eating vegetables, I:**

- a. Only eat them when I'm forced to
- b. Eat 1 or 2 a day
- c. Eat at least 4 or more a day and I even ask for more sometimes.

**2. When I eat my meals and during the day, I drink:**

- a. Fizzy drinks
- b. Milk or juice
- c. Water.

**3. When I eat fruit:**

- a. I only eat them because I'm forced to
- b. I eat 1 or 2 a day
- c. I love fruit! I eat 4 or more every day.

**4. After school I go:**

- a. Home and play video games
- b. Home and watch TV
- c. To sports practice or play outside.

**5. When I eat cereal, I:**

- a. Eat it dry. I don't like milk
- b. Use full cream milk
- c. Use low-fat, skim or soy milk.

**6. When waking up in the morning, I:**

- a. Have to be dragged out of bed
- b. Take a while before I can get up
- c. Wake up very easily on my own.

**7. After playing outside, I am:**

- a. Not really tired
- b. A little tired and a bit sweaty
- c. Really sweaty and tired.

**8. I don't go outside to play because:**

- a. I have no one to play with
- b. I'd rather watch TV
- c. I love playing and being active.

**Some healthy tips:**

- Try some different types of fruits and vegetables
- Drink plenty of water
- Drink fewer fizzy drinks
- Drink milk often, it is good for you
- Drink fresh juice mixed with water, but have no more than 1 glass a day
- Watch less than 2 hours of TV daily
- Try to get at least 10 hours of sleep every night. Sleep helps you grow
- Being sweaty and tired after you play is good for you
- Play outside. Think of fun activities you can do and list them on your fridge door.

**Now check your answers and rate yourself.**

- If all your answers were 'c', you are a real health champion! You have very healthy habits. Keep it up!
- If your answers are mostly 'c' with a few 'b's' and 'a's', you're doing well. You could add a few new healthy habits to your every day life.
- If your answers are mostly 'a' and 'b', follow the tips at the bottom of this page for a healthier lifestyle. Good luck!