

Grade 8

Lesson 8

Lesson plan

Lesson theme	Strategies for a healthy lifestyle	Grade	8
Duration	2 - 3 weeks	Date/week	
Context			
<ul style="list-style-type: none">Health promotion.			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none">Link with the physical activity exercises of lessons 1 and 2 .		<ul style="list-style-type: none">Learners set personal goals regarding their wellness.	
Core knowledge			
<ul style="list-style-type: none">Know how much physical activity is required to support good healthKnow the Food-based Dietary Guidelines for South AfricansUnderstand the concept of a holistic approach for maintaining a balanced lifestyle.			
Learning activities and assessment			
<ul style="list-style-type: none">Learners discuss the importance of doing enough physical activity, eating a balanced diet and avoiding harmful activitiesLearners complete the worksheet for lesson 3 and complete the healthy eating diary.			
Forms of assessment		Resources	
<ul style="list-style-type: none">See “Learner assessment” in the “Checklist for evaluation” at the end of the lesson.		<ul style="list-style-type: none">Worksheets.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">Encourage learners to continually seek to maintain and improve their health.		<ul style="list-style-type: none">The activities make learners more aware of the importance of physical activity and healthy eating habits as part of a healthy, balanced lifestyle.	

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Lesson 8: Strategies for a healthy lifestyle (2 to 3 weeks)

1 Outcomes

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

- List the elements of a healthy lifestyle
- Explain how much physical activity is required to support good health
- List the Food-based Dietary Guidelines for South Africans.

2 Teacher's corner

Participating in developmentally appropriate sports and physical activities can begin a learner's journey towards maintaining a physically active and healthy lifestyle. This journey can be continued into adulthood. Although a learner might not be interested in all sports or physical activities, if he or she is given a variety of appropriate choices and adults support him or her, it's likely the learner will be interested in at least 1 physical activity or sport.

Learners who are less physically active in early childhood tend to remain less physically active than their peers as they grow old. **We recommend that school-aged learners should do at least 60 minutes of age-appropriate physical activity on all or most days of the week.**

Important points about physical activity

- Physical activity involves movement of the body and is a vital component for good health
- Lifestyle physical activity includes activities such as walking or cycling to school. For younger learners, this would include normal active play
- Learners should be involved in 60 minutes or more of moderate to vigorous activity every day (when their heart is beating a lot faster than normal). These activities include running, active games and very active play.

The Food-based Dietary Guidelines for South Africa

- Enjoy a variety of foods
- Be active
- Eat plenty of vegetables and fruits every day
- Eat dry beans, peas, lentils and soy regularly
- Chicken (preferably grilled without the skin), fish, milk or eggs can be eaten daily
- Eat adequate healthy carbohydrates at each meal
- Eat fats sparingly
- Use salt sparingly
- Drink lots of clean, safe water
- If you drink alcohol, drink sensibly (although learners in grade 8 should not be drinking any alcohol, it is 1 of the guidelines and is worth mentioning at this stage)
- Have food and drinks containing sugar sparingly and not between meals.

Activity 1 of lesson 3 should link with the physical activity exercises of lessons 1 and 2.

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3 Activities

Read through background information in the teacher's information guide, including the Food-based Dietary Guidelines, before the lesson.

Tips for activity 1

- Learners need to be aware of the importance of a healthy diet and what constitutes healthy eating and drinking. Hold a class discussion to revise the main points
- Allow time over the next 2 weeks for the learners to complete their tasks
- During week 1, the learners will keep a reflective diary of exercise, food and drink consumption
- During week 2, learners will implement their personal goals and attempts at improving their lifestyles.

Activity part 1: Introduction (30 to 40 minutes)

Begin the activity with a discussion session.

- Revise the Food-based Dietary Guidelines (FBDGs) issued by the Department of Health
- Reflect on the importance of physical activity for a balanced lifestyle
- Introduce the concept of a holistic approach to maintaining a balanced lifestyle. This refers to doing enough physical activity, eating a balanced diet and avoiding harmful activities. One must do all of these things to lead a balanced lifestyle.

Ask learners these simple questions to understand their lifestyle habits better:

- When was the last time you played outside, went to a sports practice, or walked to school?
- When was the last time during play that your heart was beating quickly or you were breathing hard?
- What activities or sports do you like? How often do you do them?
- Do you like to be physically active with your friends and family?
- What physical activities do you enjoy doing with your friends and family?
- What do you eat and drink at school?
- Do you follow a healthy, nutritious diet?
- Do you have breakfast each morning?

Main part of the activity (30 to 40 minutes)

List the strategies that learners should try and include when planning a balanced, healthy lifestyle:

- Reduce the time you spent watching TV or playing TV and computer games
- Eat breakfast every day
- Eat fresh vegetables and fruit every day
- Eat chicken, fish or eggs and drink milk every day
- Eat adequate healthy carbohydrates at each meal



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- Reduce sugar in your diet
- Reduce salt in your diet
- Drink enough water every day
- Participate in 1 hour of physical activity a day.

Tell the learners to complete the first part of the worksheet during the first week after you have this lesson.

- Be clear that they will not be judged by others during this activity and that it is an opportunity for them to develop and maintain the goals and strategies they have set for themselves
- Emphasise that each person's strategies to achieve their goals will be different, as we are all different
- In the next lesson, discuss their progress on achieving their goals. It is okay for them to make adjustments and reassess their goals if they feel they are unrealistic.

Activity part 3: Conclusion

At the end of the 2 weeks, discuss:

- What benefits they gained from it
- What adjustments needed to be made and why.

Make sure each learner participates in the discussion and that no one feels as if they are being judged.

Remember to emphasise the positive aspects of their attempts and achievements.

4 Wrap up (5 to 10 minutes)

Remind the learners why they made the lifestyle changes and of the health benefits they will receive.

Congratulate all the learners for their efforts and encourage them to keep trying to improve their lifestyles.

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Lesson 8: Checklist for evaluation

Activity	Question	Yes	No
Developing strategies for a healthy lifestyle	<ul style="list-style-type: none">Do learners understand the concept of physical activity?Do learners understand what the Food-based Dietary Guidelines for South Africans are?Can the learners implement healthy lifestyle choices into their daily lives?		
Teacher reflection	<ul style="list-style-type: none">Do you think that the activities have made learners more aware of the importance of physical activity and healthy eating habits as part of a healthy, balanced lifestyle? <p>If you had to repeat the lesson, what improvements would you make to it?</p>		
Learner assessment	<ul style="list-style-type: none">Learner completed the entire worksheet with no elements missing (8 to 10 marks)Learner completed the worksheet with few elements missing (5 to 7 marks)Learner completed the worksheet with a lot of elements missing (2 to 4 marks)Learner did not complete worksheet (0 marks).		

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Name: _____

Worksheet: Grade 8, lesson 8

Task 1: Lead a healthier lifestyle

Consider these strategies for a healthy lifestyle:

- Reduce the time you spend watching TV or playing TV and computer games
- Eat breakfast
- Eat fresh fruit and vegetables every day
- Eat chicken, fish or eggs and drink milk every day
- Eat adequate healthy carbohydrates at each meal
- Reduce sugar in your diet
- Reduce salt in your diet
- Drink sufficient water every day
- Participate in 1 hour of physical activity a day.

For you to do

- Complete the healthy eating diary for a week
- Plan ways to improve and develop a healthier and more balanced lifestyle. Write these strategies down in your diary and try to complete them over a week.

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Name: _____

Healthy eating diary

Day	Everything I ate and drank	All the exercise I did
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

My personal goals and strategies for improving my lifestyle:
