

Grade 8

Lesson 9

Lesson plan

Lesson theme	Design a wellness brochure	Grade	8
Duration	2 lessons, 45 minutes each	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">Learners set personal goals regarding their wellness.		<ul style="list-style-type: none">Learners learn the importance of leading a healthy, active lifestyle.	
Core knowledge			
<ul style="list-style-type: none">Know the benefits of physical activityUnderstand the concepts ‘moderate-intensity activity’ and ‘vigorous-intensity activity’Understand the concept of the ‘wellness balance scale’.			
Learning activities and assessment			
<ul style="list-style-type: none">Learners discuss what was covered in the first 4 lessons regarding healthy eating and physical activity habitsThey then complete the worksheet for lesson 4 and work in pairs to create a wellness brochure titled: “How to develop a healthy lifestyle.”			
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">Extracts from the Teacher’s information guidePaperColoured pens or pencilsGlueMagazinesStaplers for the brochureWorksheets.	
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 9: Design a wellness brochure (2x 45 minute periods)

1 Outcomes

By the end of lesson 2 the learners should be able to:

- The elements of a healthy lifestyle
- 5 benefits of physical activity
- The elements of a healthy diet
- The elements of a physical activity programme.

2 Teacher's corner

Lesson 4 requires the learners to design a wellness brochure. Note that the times given for each part of the activity are only a guide and that you should adjust the length of the activities as you see fit. This section lists information that can be included in a wellness brochure.

Healthy choices: Physical activity

People of all ages get enormous benefits from regular physical activity and it's never too late to get active! In fact, research has shown that those who are least active have the greatest initial health and fitness benefits when beginning a regular physical activity programme.

In addition to playing a role in preventing and managing certain diseases, regular physical activity has the following benefits:

- Feelings of wellbeing and self-belief improve as levels of activity increase. You can even reduce your stress levels by exercising regularly.
- Physical activity can help decrease feelings of fatigue and leave you feeling more energetic and full of vigour.
- By including physical activity into your daily routine, your chances of achieving a healthy weight are increased as you will burn calories and build up muscle mass. Regular exercise may also result in improved eating habits.
- The quality of your sleep will improve as you become physically active. Studies have shown that people who are physically active fall asleep quicker and experience a deeper sleep than those who are not.
- Parents are in a unique position to encourage their children to include physical activity in their lifestyles. Physically active children are much more likely to become active adults and, therefore, healthier adults. Include a family walk along the beach or in the forest as part of your weekend routine.

Getting started

No matter how inactive you are at the moment, you will soon reap the benefits of regular physical activity, so get started now!



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What is a moderate-intensity activity?

- Brisk walking
- Mowing the lawn
- Washing windows or floors
- Dancing
- Recreational swimming
- Cycling.

What is a vigorous-intensity activity?

Vigorous-intensity activities cause you to feel more breathless and your heart to beat faster than moderate-intensity activities as you are pushing your body harder.

- Recreational swimming or cycling can be classified as moderate-intensity exercise, but if you increase the intensity or speed, the activity can be classified as vigorous
- Brisk walking is a moderate-intensity activity, whereas running is vigorous activity.

Suggestions for increasing physical activity

If you are inactive:

- Include a short session of physical activity (10 minutes walking) in your daily routine. Gradually increase the duration of the session until you are able to exercise for 30 minutes or more. The 30 minutes need not be done in 1 go.

If you are active, but do less than what is recommended:

- Include 30 minutes of moderate intensity physical activity on most days of the week. You can do 3x 10-minute sessions if 30 minutes seems too long, especially on days where you are very busy
- Alternatively, increase the intensity of your exercise from moderate to vigorous and aim for 3x 20-minute sessions per week
- Try to do a little moderate intensity exercise on the other days.

If you are currently participating in 30 minutes of moderate physical activity on 5 or more days of the week:

- Consider increasing the length and/or intensity of some of your sessions as this could result in additional health and fitness benefits.

If you are currently participating in vigorous activities 3 times per week for at least 20 minutes per session:

- Well done! Keep up your physical activity programme
- Make sure you also do some moderate intensity exercise on other days of the week.

(Adapted from Centre for Disease Control and US Surgeon General's recommendations.)

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Ideas to increase the number of steps taken each day:

- Use the stairs instead of the lift or elevator
- Dance to your favourite song
- Walk or jog on the spot while watching TV
- Go for a brisk walk around the shopping mall before you start your shopping
- Take a brisk walk during break
- Go for a short walk in your neighbourhood with your family before or after supper
- Take the dog for a walk
- Play a game of soccer, netball or basketball.

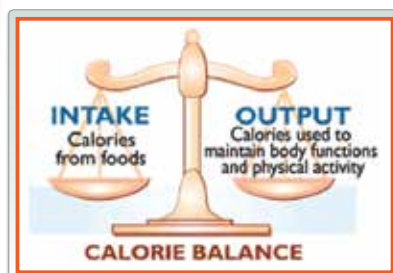
Healthy choices: Maintaining a healthy weight

The South African Food-based Dietary Guidelines are a set of dietary goals that have been specifically developed to encourage and promote healthy eating habits. These simple, action-oriented guidelines are especially important if you are at risk of being overweight or obese, developing type 2 diabetes, high blood pressure or high cholesterol.

1. Enjoy a variety of foods
2. Be active
3. Eat plenty of vegetables and fruits everyday
4. Eat dry beans, peas, lentils and soy regularly
5. Chicken, fish, milk or eggs could be eaten daily
6. Eat adequate healthy carbohydrates at each meal
7. Eat fats sparingly
8. Use salt sparingly
9. Drink lots of clean, safe water
10. Use foods and drinks containing sugar sparingly and not between meals.

The wellness balance scale

The wellness balance scale reflects the healthy balance that is needed between nutritional intake and output. We need to balance what we eat (nutritional intake and calories) with how much physical activity (output and the number of calories we burn) we do, to maintain a healthy balance.



The learners need to include a wellness balance scale in their brochure. Explain the concept of wellness balance as discussed above and have them create their own wellness balance scale like the example above.



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3 Activities

You need to do some preparation before the lesson:

- Collect samples of wellness or health brochures to show learners - many food shops and pharmacies have free healthy-eating and wellness brochures available at the information counter
- Physical activity brochures are often available from the customer care desk at many gyms
- Even if the brochure is not linked to healthy living (for example, a travel brochure), it can be used to show layout and features.

For lesson 4 you'll need the following equipment:

- Extracts from the teacher's information guide
- A copy for each learner of the worksheet for lesson 4
- Paper
- Coloured pens or pencils
- Glue
- Magazines
- Staplers for the brochure.

Activity 1: Design a wellness brochure

The learners can work in pairs to research and prepare their brochures. You should make information from both the fitness and nutrition activities available for this lesson.

Activity part 1: Introduction (45 minutes)

Hold a class discussion in which you revise the main points that have been covered in the first 4 lessons regarding healthy eating and physical activity habits. During the discussion, summarise the main points on transparency slides or flip charts, which can be displayed for the learners' later reference.

Activity part 2: Main part of the activity (35 minutes)

Discuss the brochures and information booklets with the learners. Use the samples you have collected to show the learners that a brochure should:

- Be colourful
- Be eye-catching
- Have interesting visual material
- Contain interesting, relevant information
- Be easy to read
- Not contain too much information.

Explain that they should work in pairs to prepare a wellness brochure titled: "How to develop a healthy lifestyle".

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The wellness booklet should include the following:

- A title: "How to develop a healthy lifestyle".
- A cover page that is colourful and gives the reader an idea about what the booklet is about.
- An introduction telling the reader why they have developed this booklet and the importance it has for the reader.
- A contents page which lists the sections the brochure covers. This section must include: physical activity, healthy eating choices, how to develop a healthy lifestyle and how this needs to be in balance.
- Concise, relevant information that is illustrated where necessary.
- Be no longer than 4x A4 pages (written on both sides). These pages may be folded to create a brochure format.
- Provide clear information regarding timelines and include the submission date.

Activity part 3: Conclusion (5 minutes)

Encourage the learners to set personal goals regarding their wellness and allow time in class throughout the year to discuss their healthy lifestyle choices.



4 Wrap up (5 minutes)

Tell the learners that if they understand the components of a healthy lifestyle well enough to create a brochure, they definitely should be able to implement healthy lifestyle choices. Encourage them to make leading a healthy lifestyle a family affair.

Lesson 4: Checklist for evaluation

Activity	Question	Yes	No
Designing a wellness brochure	<ul style="list-style-type: none"> • Are learners able to list the elements of a healthy lifestyle and put these across in a brochure? • Are learners able to list some of the benefits of physical activity? • Are learners able to list the elements of a healthy diet? 		
Teacher reflection	<ul style="list-style-type: none"> • Do you think these activities made learners more aware of the importance of, and how to lead a healthy lifestyle? 		
Learner assessment	If you had to repeat the lesson, what improvements would you make to it? <ul style="list-style-type: none"> • Learner produced a brochure with all the required elements in an attractive manner (8 to 10 marks) • Learner produced a brochure with most of the required elements in an attractive manner (5 to 7 marks) • Learner completed a brochure with a lot of missing elements and no structure (2 to 4 marks) • Learner did not hand in a brochure (0 marks). 		

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Name: _____

Worksheet: Grade 8, lesson 9

Task 1: Design a wellness brochure

- Work in pairs and design a wellness brochure
- The aim of the brochure is for you to sell a 'healthy lifestyle' to your friends, family or other schools in South Africa, using all the knowledge you have gained from previous activities.

Your brochure should meet these requirements:

- Have a title
- Have a cover page that is colourful and gives the reader an idea about what the booklet is about
- Have an introduction telling the readers why you have developed this booklet and the importance it has for the reader
- Have a contents page which includes: physical activity, healthy eating choices, how to develop a healthy lifestyle and how a healthy lifestyle is a balanced lifestyle
- Have concise, relevant information that is illustrated where necessary
- Be no longer than 4x A4 pages (both sides). These pages may be folded to create a brochure format.

Use the information from previous activities, as well as the information that was presented in summary form during the class discussion.

Resources

www.discovery.co.za

www.aiaacademy.org/healthy_lifestyle.php

www.healthykids.nsw.gov.au

<http://schoolclub.taps-nodes.co.za>