

Grade 9

Lesson

Lesson plan

Lesson theme	Super-sizing South Africa	Grade	9
Duration	40 minutes	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"> Look at factors that influence a healthy lifestyle. 		N/a.	
Core knowledge			
<ul style="list-style-type: none"> Understand the recent social, economic, ecological and political trends that lead to poor eating habits. 			
Learning activities and assessment			
<ul style="list-style-type: none"> Learners discuss the trends that influence eating habits In groups, they look for articles and adverts related to these trends and then present their findings They then complete the worksheet for lesson 5 and devise a strategy to prevent childhood obesity from occurring in South Africa. 			
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"> Newspapers and magazines Worksheets. 	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none"> Encourage learners to put all their healthy lifestyle knowledge into practice, and experience the benefits of leading a healthier lifestyle. 		<ul style="list-style-type: none"> The activities make learners more aware of their health and wellbeing and ways to improve it. 	

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Lesson : Super-sizing South Africa (40 minutes)

1 Outcomes

By the end of lesson 5 the learners should be able to:

- Discuss global social and economic trends that affect eating habits and understand why they have that effect.
- Give suggestions to improve the eating habits of South Africans that take into account certain trends that can lead to poor eating habits.

2 Teacher's corner

Lesson 5 involves discussing recent social, economic, ecological and political trends that lead to poor eating habits. The following is background information on these issues.

Obesity in children

Since 1994 the prevalence of obesity in young children in the USA has doubled; 1 in 4 children are overweight and 11% are obese. In South Africa, the statistics are no more comforting. More than 30% of adolescent girls and nearly 10% of boys are either overweight or obese. Primary schools show a similar trend with 22% of girls and 17% of boys falling into these categories. In a combined sample of children under the age of 9 years old, 17% were already overweight or obese. Overweight or obese children tend to remain overweight or obese until the age of twenty and have a higher risk of being obese adults. Obese adults are at increased risk of heart disease, type 2 diabetes, joint and gall bladder disease.

Factors that contribute to the obesity epidemic

Genetics

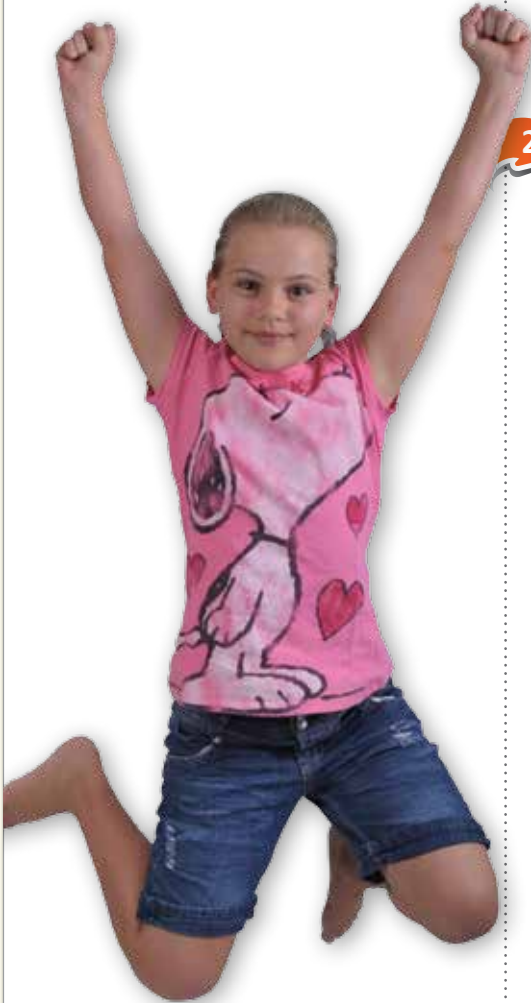
If one or both of a child's parents are overweight or obese, the child will be more likely to gain weight. Obesity tends to run in families and obese parents are likely to have obese children. There is scientific evidence that certain individuals are less effective at burning fat, which predisposes them to obesity.

Environment

Genetic factors are, however, only partly responsible for the development of obesity. Children without a family history of obesity may also become obese if they are exposed to an abundance of high-energy foods. However, research indicates that the individuals at greatest risk for obesity are those with a genetic tendency, who are chronically exposed to excessive food intake.

Ethnicity and urbanisation

Some population groups tend to gain weight more easily than others when they are exposed to a high-fat western diet. This occurs when people who have been eating high-fibre, low-fat diets change to high-fat, high-energy diets because of urbanisation and westernisation. This occurs every day in South Africa as rural people move to the cities. The eating habits of rural children change when they move to the city as they eat fewer grains, fruits, vegetables and sour milk and start having more high-fat fast-foods, high-energy snacks and fizzy drinks.



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Inactivity

Modern transport and labour-saving devices such as washing machines and vacuum cleaners make our lives easier, but decrease our energy expenditure and therefore contribute to weight gain.

Compared to 30 years ago, today's children are extremely inactive and there are a number of reasons for this:

- Many children spend hours doing sedentary activities such as watching TV and playing computer games
- Many schools don't have facilities for all their learners to participate in sport and some schools only concentrate on their best sports performers
- Children, who in the past might have walked or ridden their bicycles to school, now get lifts in cars or taxis.

Modern lifestyles

People are eating more meals away from home (at restaurants), buying takeaways and high-fat and high-energy snacks. More calorie-dense foods are available at many tuck shops. In addition, portion sizes are larger than before and can often be 'super sized'. With modern lifestyles being so busy, there is a trend towards skipping meals and then making up for it by eating very large meals.

Psychological factors

Many parents express their love for their children through food (and other material goods) and encourage their children to eat more than they need. Food may also be used to control children or as a reward or pacifier.

It's easy to see why our children are increasingly at risk of becoming overweight or obese. If children are continually exposed to energy-dense foods and not encouraged to be physically active, their body mass will increase.

Media

Marketing and advertising play an important role in how people perceive foods in terms of their acceptability and desirability.

All these factors play a role in promoting weight gain and increasing the number of people who are at risk for becoming obese. Some factors can't be changed, but there are others that we can change.

Current trends

Consumerism

Consumerism is a trend reflected by the following factors:

- More people eat away from home
- The use of dietary and herbal supplements, and foods for specific groups (for example, dieters, women, athletes and older adults)
- The use of convenience and functional foods
- Higher income populations in developed countries want low-kilojoule, low-fat foods, and simple, natural and fresh ingredients.

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Eating away from home

Internationally, the proportion of money spent on food eaten away from home and the number of restaurants have been steadily increasing since the second half of the twentieth century. People may eat at sit-down restaurants, fast-food outlets and cafes, or they may buy food from street vendors.

Weight loss products, dietary supplements and gym memberships

The increase in sales of weight loss products, diet foods, gym memberships and exercise equipment has been dramatic as people continue their quest for weight loss. Pills, liquids or powders that contain nutrients and other ingredients, such as herbs, are increasingly available.

Functional foods

Functional foods are those that contain nutrients (or non-nutrients), that may help to protect against disease. These foods may have been fortified, have specific phytochemicals or active micro-organisms added, or have been developed using special techniques.

3 Activities

For activity 1 you'll need newspapers and magazines for the learners to look through to find examples of trends that affect eating habits.

Activity 1: Trend task force

Activity part 1: Discussion (5 minutes)

Open the discussion by asking the learners what they think a trend is. Discuss the trends that influence eating habits. List all ideas and group them according to the headings provided above.

Activity part 2: Finding a trend (15 minutes)

Divide the learners into groups and ask them to go through newspapers and magazines to find articles and adverts that relate to the trends discussed. Each group should choose 1 item that they have found and elect a spokesperson from the group to present their findings.

Activity part 3: Task team on obesity (15 minutes)

Tell the learners that they have been assigned by the Minister of Health to devise a strategy to fight childhood obesity or, better still, to prevent it from occurring in children. Ask them to come up with a plan that takes the trends discussed above into account and will help to fight obesity.

4 Wrap up (5 minutes)

As this is the last lesson plan, spend a few minutes reminding the learners of the importance of what they have learned. Sum up how what they have learned will help them live a healthy lifestyle. Remind the learners of the importance of leading a healthy lifestyle and end the lesson by encouraging them to put their healthy lifestyle knowledge into practice.

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Lesson : Checklist for evaluation

Activity	Question	Yes	No
Super-sizing South Africa	<ul style="list-style-type: none"> Can learners discuss global social and economic trends that affect eating habits? 		
Teacher reflection	<ul style="list-style-type: none"> Do you think this activity has made learners more aware of their health and wellbeing and ways to improve it? 		
	If you had to repeat the lesson, what improvements would you make to it?		
Learner assessment	<ul style="list-style-type: none"> Learner completed the entire worksheet with no elements missing (8 to 10 marks) 		
	<ul style="list-style-type: none"> Learner completed the worksheet with few elements missing (5 to 7 marks) 		
	<ul style="list-style-type: none"> Learner completed the worksheet with a lot of elements missing (2 to 4 marks) 		
	<ul style="list-style-type: none"> Learner did not complete worksheet (0 marks). 		

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Name: _____

Worksheet: Grade 9, lesson

Task 1: Tackling obesity

You have been assigned by the Minister of Health to devise a strategy to fight childhood obesity or better still, prevent it from ever occurring. Come up with a plan for South Africa that takes into account as many of the trends and factors that you discussed in class as possible.

You discussed the following factors in class:

- Genetics
- Environment
- Ethnicity and urbanisation
- Inactivity
- Modern lifestyles
- Psychological factors
- Media.

You discussed the following trends in class:

- Consumerism
- Eating away from home
- Weight loss products, dietary supplements and gym memberships
- Functional foods.

Choose some of the factors or trends listed above and complete the table below to help you get an idea of how to structure your plan.

Factor or trend	How will you address it?
What is the objective of addressing this factor or trend?	
What will the challenges be when addressing this factor or trend?	
Who will be the key role players in your strategy?	
How will you monitor the impact of this strategy?	

Once you have decided on a plan for each factor, put together a presentation for the Minister of Health to be presented to the class at a future date.

