



Lesson five: Healthy challenge quiz (30 minutes)

1. Outcomes

By the end of the 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 four lesson plans. Therefore, the theoretical base for this lesson is the same as that for lessons one to four.

3. Activities

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

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

Activity one 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 five 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 one food or activity goal if they choose.
 - My food goal is to.....
 - My activity goal is to.....

Tips for activity one

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.

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 two 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.

Name _____

Worksheet: Grade three lesson five

1. When eating vegetables, I:

- only eat them when I'm forced to
- eat one or two a day
- eat at least four or more a day and I even ask for more sometimes.

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

- fizzy drinks
- milk or juice
- water.

3. When I eat fruit:

- I only eat them because I'm forced to
- I eat one or two a day
- I love fruit! I eat four or more every day.

4. After school I go:

- home and play video games
- home and watch TV
- to sports practice or play outside.

5. When I eat cereal, I:

- eat it dry. I don't like milk.
- use full cream milk
- use low-fat, skim or soy milk.

6. When waking up in the morning, I:

- have to be dragged out of bed
- take a while before I can get up
- wake up very easily on my own.

7. After playing outside, I am :

- not really tired
- a little tired and a bit sweaty
- really sweaty and tired .

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

- I have no one to play with
- I'd rather watch TV
- 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 one glass a day
- Watch less than two 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 'a', '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', '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!