

Lesson
1a

How do you keep healthy?

Fact box

To keep healthy, we must

- eat healthy foods and
- exercise each day.

Aims

- To recognise the importance of exercise and a healthy diet to look after our body.

Language

- Vocabulary: *eat well, exercise, healthy, junk food, less healthy, rest, unhealthy*

Extra materials

- 1 copy of the Activity page per pupil, IWB
- pictures of/actual healthy foods and drinks, e.g. vegetables, fruit, salad, eggs, meat, bread, pasta, rice, cheese, water, fruit juice, milk, honey; pictures of/actual less healthy foods and drinks, e.g. chips, cakes, biscuits, sweets, chocolate, jam, ice cream, fizzy drinks; pictures of people doing physical exercise, e.g. running, swimming, gymnastics, football, tennis, etc.
- for each group of pupils: poster paper, pictures (as above), scissors, glue sticks, coloured pencils

Warm up

- 1 Display and name the healthy foods/pictures of healthy foods.
- 2 Display and name the less healthy foods/pictures of less healthy foods.
- 3 Teach *healthy, less healthy* and *unhealthy*. Talk about what is healthy food and what is less healthy food.
- 4 Display the IWB for the pupils to complete the exercise.
- 5 Ask the pupils to say what exercise they do each day.

Procedure

- 1 Explain that the pupils are going to do a survey to find out if their lifestyle is healthy.
- 2 Put the pupils in pairs, A and B. Give out the Activity sheets and read through the questions in activity 1.
- 3 Discuss each question putting emphasis on the importance of regular exercise and a healthy diet.
- 4 Ask the pupils to take turns to ask and answer the questions.
- 5 Tell them to circle their partner's answers. They will need to write their partner's answer to question 10.
- 6 Explain that they will use the Tally chart in activity 2 to find out how healthy the whole class is.
- 7 Invite each pair in turn to share their questionnaire answers with the class. The class records the answers to questions 1, 7 and 9 on the Tally chart in activity 2 each time, using a ✓ for yes and a ✗ for no.
- 8 Demonstrate how to circle each group of 5 identical answers to the same question, for ease of adding up.
- 9 Discuss the results of the survey. Is the class healthy or unhealthy?

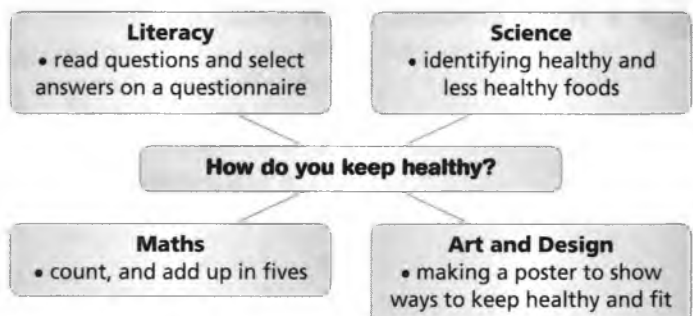
Follow up

- 1 Discuss ways to stay healthy and fit. Accept any reasonable suggestions and write them on the board.
- 2 Put the pupils into small groups. Give each group poster paper, coloured pencils, pictures of healthy and less healthy food and drinks, and of people exercising, scissors and glue.
- 3 Ask each group to design and make a poster to show how we can stay healthy and fit. Tell them to use the magazine pictures and to draw their own pictures to illustrate the poster, too.
- 4 Display the posters in the classroom.

Useful website

- www.primaryresources.co.uk/science/science2b.htm
Click to use the resources

Search term: healthy diet

Cross curricular links

How do you keep healthy?

1 Questionnaire

Ask and answer with a partner. Circle your partner's answers.

- 1 Do you do any exercise or sport? yes / no
- 2 What exercise do you do? run / swim / walk / football / tennis / gymnastics
- 3 When do you exercise? in school / after school / at the weekend
- 4 What do you eat for breakfast? bread / eggs / jam / butter / honey / meat / cheese / other
- 5 What do you usually eat for lunch? vegetables / meat / fruit / other
- 6 What is your favourite meal? breakfast / dinner / lunch
- 7 Do you eat fruit and vegetables each day? yes / no
- 8 What do you drink? water / milk / fruit juice / other
- 9 Do you eat sweets? yes / no
- 10 What is your favourite food? _____



2 Tally chart

Record each 'yes' answer with a ✓ and each 'no' answer with a X.
Draw a circle around each group of 5 ticks or crosses for the same question.

1 Do you do any exercise or sport?		7 Do you eat fruit and vegetables each day?		9 Do you eat sweets?	
Yes	No	Yes	No	Yes	No