**Lesson 9**

SCENARIOLESSONS:

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| **PUBLISHED PART:** |  | | | |
| **ITEM:** | * **NATURE/BIOLOGY** * **EDUCATIONAL HOUR** * **P.E** | | | |
| **TARGET GROUP:** | * **4th GRADE STUDENTS** * **5TH GRADE STUDENTS** * **6th GRADE STUDENTS** | | | |
| **TOPIC:** | **Side effects of an unhealthy lifestyle.** | | | |
| **GENERAL PURPOSE** | Increased awareness of the impact of incorrect lifestyle on human development and health among primary school students. | | | |
| **OPERATIONAL GOALS** | The student knows what eating habits are considered unhealthy, is able to say what impact a highly processed diet and a sedentary lifestyle have on health, and is able to give examples of diseases resulting from an unhealthy lifestyle. | | | |
| **METHODS** | Lecture  Movie (own)  Discussion  Test | | | |
| **FORMS:** |  | | | |
| **TEACHING RESOURCES:** | | | | |
| * **Presentation** | * **Individual exercise**: : | * **Group exercise:** | * **Quiz** | * **Test** |
| * **Multimedia task on the platform** | * **Test** | * **Infographic** | * **Part of the movie:** | * **Animation** |
| * **Downloadable worksheet - homework** | * **Poster** | * **Board:** | * **Other:** | * **Other:** |
| **DESCRIPTION OF THE LESSON** | 1. Teacher's lecture  * Features of an unhealthy lifestyle that are considered risk factors for metabolic diseases * The impact of unhealthy eating habits on the human body. Diseases resulting from a highly processed diet and lack of daily exercise  1. Movie 2. Discussion 3. A test to check your knowledge from the current lesson | | | |
| **OPERATIONAL PART – TIPS FOR DEVELOPING THE FINAL VERSIONMATERIALS** | | | | |
| **ATTACHMENTS (please indicate attachments:** | Required: Presentation/substantive material  Alternative: Description of exercises/ Description of tasks/ Test content/ Quiz description/ Tips and substantive content of infographics, content. Animation description, etc. | | | |
| **DESCRIPTION OF MATERIALS NEEDEDSUPPORTIVESDOWNATTACHMENTS** | Reference if information is included in attachments - e.g. content of presentations/descriptions.  Film script:  *"Decide about your health!"*  Situation: A group is on a hike with a guide who points to the top of a tall structure (e.g. a lighthouse). He asks the students to climb to the top, where an incredibly intriguing reward/something very interesting (?) awaits them. All students begin their journey up the tower. We have a chance to see how the students lose their strength one by one along the way. For example, one of them gets short of breath, gives up and goes back downstairs. The second one complains of chest pain and also decides to turn back. The third one complains about his painful knees. The fourth reaches the top andthe narrator asks - why does it owe this form?  The student answers - I love to move - lists casual activities (there is no need to be pressured into competitive sports) - cycling, swimming, playing with friends... he also lists a few healthy dishes that also sound delicious (THISIMPORTANT), thanks to which he has so much strength for many hours during the day.  The narrator says the moral: whether you exercise every day, drink enough water and eat nutritious products in your diet affects your fitness both in everyday life and during great, exciting challenges. Decide how badly you want to reach the top? | | | |
| **TIPS FOR GRAPHICS** | Reference if the information is included in attachments - e.g. content of presentations/descriptions E.g. see attachment - Test to be completed | | | |

Substantive material

1. Lecture

N: Proper nutrition, physical activity, friendly interpersonal relationships, avoiding risky behaviors and coping with stress are among the most important health-promoting factors of a person's lifestyle. This affects his physical, mental and social development, health and learning ability. The problem of maintaining good fitness and health should be at the forefront of all human values ​​of the 21st century. [Pączek et al.]

In previous lessons, you learned a lot of important information about healthy eating habits. Today you will learn about the consequences of an unhealthy lifestyle. It is important that you have this awareness, because most of the diseases and disorders caused by our lifestyle are avoidable, and the choice as to whether we will be healthy or not is yours.

Scientists have repeatedly proven in their research how harmful eating and lifestyle habits are to health.

Characteristics of an unhealthy lifestyle are:

* Low level of physical activity - i.e. we get everywhere by car or bus, we give up traditional stairs in buildings in favor of escalators or elevators, and we spend our free time in front of the computer or with the phone in hand, instead of going out for fresh air and spending time actively, e.g. riding a bike with friends.
* A high-calorie diet that exceeds energy requirements - this is where highly processed fast food and a lot of store-bought sweets and sugary drinks appear. It lacks fresh vegetables and fruits and water as the main fluid, drunk throughout the day in small portions.
* Too little sleep - we underestimate the importance of sleep for our body, most people do not care about proper regeneration and sleep far too little.
* Irregular meals, manifested by eating small snacks every now and then, most often from the group of products rich in sugar and/or fat. This also includes skipping breakfast and eating dinner very late, e.g. shortly before going to bed.
* Lack of self-regulation in the context of stress and experiencing difficult emotions - "accumulating stress", avoiding conversations with loved ones or the previously mentioned physical activity, which is a very good method of relieving tension.

An unhealthy lifestyle usually leads to overweight or obesity. Obesity is a condition that

- significantly reduces the chance of a long life,

- leads to complications such as:

a) disorders of the heart and circulatory system. among others heart failure, hypertension,

b) respiratory system disorders - e.g. sleep apnea syndrome,

c) metabolic disorders such as type 2 diabetes, fatty liver disease, gallstones and others,

d) skin diseases - difficult-to-heal wounds, bacterial and fungal skin infections,

e) cancer.

Obesity resulting from an incorrect eating style is also a huge social problem - it affects the quality of our lives and relationships with other people, and can also be a source of unpleasant and harmful discrimination.

As you can see, an unhealthy diet, lack of exercise and, as a consequence, numerous diseases of the entire body are a very serious matter. Your agency in this aspect is very important, as you will learn from the video we will now watch.

Discussion

I would like to ask you now for your conclusions and feelings after watching the film and listening to my lecture.

Did anything surprise you today?

N: Finally, I would like to draw attention to the fact that the characters in our film are people with normal body weight. So don't give updeceivethe belief that all the diseases and ailments we are talking about today concern usJustpeople with increased, abnormal body weight. From today's lesson, you know a lot about the effects of an unhealthy lifestyle, including obesity, but a very common situation may be that children your age are very physically active, but how and what they eat leaves much to be desired. Then, through their diet, they gradually work towards the appearance of the disorders and diseases we talked about today in the near or distant future.