

Scenario for a nature lesson in Class IV for the implementation of the project

Topic: What is a healthy lifestyle?

Overall objective

The student will:

- will learn about the principles of healthy lifestyles and their impact on the quality of human functioning.

Operational objectives

The student will:

- will learn and understand the terms **health and healthy lifestyle**,
- give examples of factors favouring and endangering health
- apply the principles of healthy eating
- understands the role of good nutrition, systematic exercise and sport in maintaining health and good physical condition,
- promotes a healthy lifestyle in the social environment.

Metoda: oparta na aktywności, oparta na zadaniach

Forma: indywidualna

Pomoce dydaktyczne: infografiki (piramida zdrowia, 10 zasad zdrowego stylu życia), karta pracy

Course of the lesson

I. Introductory part

Lecturer: *Hello, I hope your mood before today's lesson is excellent. You are healthy and full of energy. In today's lesson you will learn how to take care of your health. According to the WHO, or World Health Organisation "Health is a state of complete/total well-being/physical, mental and social well-being and not merely the absence of disease or disability".*

As the Lecturer speaks, the screen displays the WHO symbol - World Health Organisation and a definition of health.





World Health Organization

II. Basic (main) part

1. Cognitive phase

A. Presentation of factors favouring and threatening health.

Lecturer: *In order to take care of your health, you need to learn about health-threatening behaviour and health-promoting behaviour. Click on the sad face icon and you will learn what is not conducive to staying healthy. Now click on the smiling face and you will see what you should do to be healthy.*

 health-threatening behaviour	 health-promoting behaviour
<ul style="list-style-type: none"> • lack of exercise, • poor diet, • lack of body hygiene or poor hygiene, • abuse of alcohol, stimulants, drugs, • use of drugs, legal highs, • smoking tobacco and/or e-cigarettes. 	<ul style="list-style-type: none"> • an active lifestyle, • physical activity • sensible recreation, • proper nutrition, • keeping the body and its surroundings clean, • dealing with difficult situations • keeping safe, • coping with stress, • developing hobbies and passions.

- B. Carry out the task on the work sheet.
Lecturer: *Think about and analyse your behaviours that threaten and promote your health and write them on the work sheet under the corresponding smiley face.*
- C. Presentation of the 10 rules for a healthy lifestyle based on an infographic.
Lecturer: *By applying the 10 simple rules you will become a healthy lifestyle champion. Click on the smiley face, learn the rules and apply them every day.*



- D. Presentation of the Health Pyramid
Lecturer: *When analysing the 10 principles of a healthy lifestyle, we note that diet, i.e. adequate nutrition and physical activity, plays a significant role in maintaining health. This is evident in the health pyramid. Click on the smiley face icon and the pyramid will appear.*



Lecturer: The pyramid is a graphical description of the appropriate proportions of the different food groups and exercise needed in the daily diet. The higher the floor of the pyramid, the lower the quantity and frequency of the products in the group consumed.

2. Consolidation phase - worksheet

Lecturer: And now it's time to test your knowledge. Match the texts in column II with the titles in column I.

Work sheet

1st column

2nd column

1	Make it interesting!	A	The more processed the product, the less nutritional value it has. Sweets are a source of empty calories, easily digestible sugar and fats that cause atherosclerosis. On the other hand, salty snacks, Chinese soups and ready meals flood us with salt and other harmful substances.
2	Eat regularly!	B	Think about how many times you have criticised yourself, blamed yourself about things beyond your control, and reacted allergically to compliments. At least once a day, praise yourself for what you have managed to do.
3	Take care to relax!	C	Ensure that each of your meals contains a variety of products. Try not to eat bread and ham for breakfast, second breakfast

			and dinner. Prepare a variety of pastas, cottage cheese and salads. Eat raw vegetables as often as possible, preferably 5 times a day, and make sure your plate is always colourful. Eating a variety of colourful foods ensures the provision of nutrients and vitamins from different groups.
4	Make changes in small steps!	D	To compensate for the daily loss of water from the body, we should drink at least 1.5 to 2 litres a day. Adequate hydration of the cells enables the body to functioning and also prevents the formation of swelling. We are made up of 70 per cent water!
5	Avoid ready-made products and store-bought sweets!	E	Rome wasn't built in a day. And you will not immediately succeed in changing your lifestyle to a healthy one. Try to gradually eliminate behaviours that don't serve you. Where should you start? For example, don't salt the tomato on sandwich, prepare a healthy salad for dinner, take an hour to relax after a hard day at school 2 times a week.
6	Get enough sleep!	F	We keep hearing about five meals a day every three hours. But this really extremely important. Eating at regular times helps to regulate the body and limit hunger pangs, during which we are able to consume everything at hand.
7	Work on your self esteem!	G	Whole grains are best for breakfast and will slowly provide you with energy throughout the morning. Choose sandwiches made from whole-grain bread, oatmeal with nuts or chickpea paste.
8	Drink enough water!	H	Physical exertion is relaxation for the mind. So go out for a walk, cycle to school on your bike, and at the weekend, go to the swimming pool instead of sitting in front of a computer. Regular, moderate exercise improves physical fitness, oxygenates the brain and cells of the body, as well as contributing to an improved mental state.
9	Get active!	I	Find time just for yourself. Read a book, listen to your favourite music, go out with friends. Just don't talk about your problems! Simple things like that really do help to maintain mental balance.
10	Start your day with a filling meal!	J	Carve out the right amount of hours for sleep. Not only will you be physically healthier, but also happier, more focused and concentrated and more effective in your studies.

Correct answers

1	2	3	4	5	6	7	8	9	10
C	F	I	E	A	J	B	D	H	G

III. Final part

1. Distribute tasks to be completed at home.
 - A. **Lecturer:** *Print the leaflet **10 principles of a healthy lifestyle** and the **health pyramid**. Hang the leaflets up in a visible place so that you don't forget the principles to apply every day. Give the leaflets to your loved ones, grandma, grandpa, aunt or uncle. Prepare and eat a nutritious and healthy breakfast with your family members.*

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