

Teacher's Note

Answers:

- *Healthy activities:* swimming, eating paw-paw, walking, laughing, helping others, sleeping and playing.
- After students have discussed the unhealthy items (watching tv, eating cake, arguing, fighting and stealing) together in small groups, discuss them as a class.
- Suggest students use pencil first to complete their cross word puzzle and trace it with pen once completed.

Suggested Activities:

- ❖ Discuss and list many healthy activities on a poster. Decorate and hang in a prominent position.
- ❖ A Proverb: Pleasant words are as an honeycomb, sweet to the soul and health to the bones. Discuss with students how talking nicely to each other is healthy for us.
- ❖ Discuss that having a positive attitude towards others has a healthy effect on both.
- ❖ Discuss nutritious recipes from other countries. Locate a foreign recipe book like Asian cooking, typical German cooking etc. Take a look with your students at some of the recipes. Are they nutritious?
- ❖ If you have cooking facilities at school prepare a nutritious recipe from another country.
- ❖ Organise a survey. How many students eat at least two pieces of fruit and three different vegetables a day? If they don't eat much fruit or vegetables make a list of what they eat. Discuss if these foods are nutritious and beneficial for their health.
- ❖ Visit: <http://www.dole5aday.com/>

Learning Area: Health. **Strands:** CHL, SMS, IS. **Overarching:** 1,2,3,5,6,7,8,9,10,11,12,13.

Linking Subjects: Eng. & Art.