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Documentation

Activity:
P5

Name of the activity:
Healthcare

Country:
Finland

Pupils age:
9-12

Place:
Hyrskinki School

Date:
March-May 2019

Number of pupils:

25

Subject:

Science. Social Studies

Connection to other subjects:
Art

Preparatory activities:

Drawing big, real size pupils on the paper.

Activity:

Discussion about the healthy way of living: food, hobbies, free time, sleeps. The pupils wrote important things around the pictures of the pupils made before.

During lunch time the teacher introduced "the model plate": half a plate salad, one quarter potatoes/rice/pasta and one quarter meat/chicken/fish.

Subsequent activities:

Lively discussions during the lunch time about nutrition.

Results:

The pupils learned about the healthy way of living and also about some choices they can make every day.

Comments:

These are very important themes we discuss in different ways nearly every day at school.