



KALOKAGATHIA Healthy soul



in healthy body

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Documentation

Activity:

P1

Name of the activity:

Healthy Life- Healthy Body

Country:

Czech republic

Pupils age:

10-11

Place:

School

Date:

June 2019

Number of pupils:

11

Subject:

Biology

Connection to other subjects:

English, ICT, PE

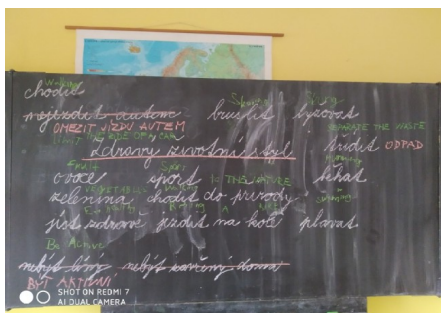
Preparatory activities:

Basic topic- sentences. Worksheets for vitamins. Yoga lesson. Dictionary.

Activity:

1. Brainstorming

What does Healthy Life means? Translating to English. Speaking about words.



2. Five basic topics about Health Life- Healthy Body.

Children worked in pairs. Every couple had one topic and tried to find correct sentences in English to their topics. After making poster (glue topic and three sentences and draw picture) every couple presented own topic to other children.

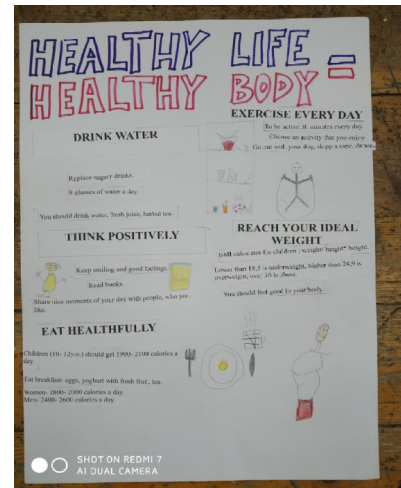
Exercise every day

Drink water

Think positively

Eat healthfully

Reach your ideal weight



3. Yoga

4. Vitamines in food

- speaking about important vitamins and where can we find them,
- colouring



5. Healthy breakfast- cooking

Breakfast is the first meal of the day and it is very important.

Children worked with computer and tried to find healthy recipe in English websites. After they presented their recipes and chose two of them:

– Super shake (bananas, chia seeds, honey, strawberries, yogurt, milk, goji, mixed seeds)

- Oat porridge (strawberries, honey, milk, oat, yogurt, cinnamon, peanuts butter)

Children made two groups and spoke about foodstuff and cookware for their cooking. Next day they brought what they needed and did very good breakfast. They tasted both of them.



6. Nutrition

Speaking about nutrition and eating habits- we need to eat often (six or five times a day), but small portions. Children had homework to write all food which they ate during one day. Then we talked about it and tried to count KJ.

7. Crosswords, quiz, .. about Healthy Life- Healthy Body



8. Healthy snacks

Children had healthy snacks and spoke about them. They tried to say what they got from their snacks- vitamins, KJ,...

They chose the healthiest snack.

Results:

Children would like to be healthy. They started to think about their snacks and eating habits. They look around the class and evaluate snacks of other students and speak about it. They try to have a breakfast every day and exercise every day- go for a walk, ride a bike, ...

Comments:

I think, that children should know about healthy eating habits and healthy life style. Some children don't know about it from their families and they don't know, how unhealthy they live. They should get possibility to change their life style and they should know that to live healthy is fun and the meal is good, even without sugar.