# Healthy Living - Lesson Plan

**Name of lesson:** Healthy Living  
**Time:** 1 week  
**Grade R**  
**Subject:** Life Skills

| Curriculum Standards (CAPS) Life Skills Grade R | Topic: Healthy living  
| Good basic hygiene practices  
• Washing regularly  
• Cleaning teeth, hair, nails |

### Knowledge/Content

<table>
<thead>
<tr>
<th>Worksheet/Content</th>
<th>Skills</th>
<th>Values</th>
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</thead>
</table>
| Worksheet 1: This is my body  
This is my body  
Body parts – eye, nose, mouth, foot, ear, hand | Discuss the body parts and point to them, sing a song called ‘Head, shoulders, knees and toes’, recite a poem called ‘Hands on shoulders’, revise the vocabulary words eye, nose, mouth, foot, ear, hand, cut out the words and paste them in the correct place, decorate the worksheet | We should always choose healthy foods so that our bodies are strong |
| Worksheet 2: What my body needs to stay healthy  
Body, foods, healthy | Have a discussion about healthy food, learn a song called ‘Fruits & Vegetables The Good Food Song’, listen to a story called ‘The Greedy Hippo’, predict what a greedy hippo might eat, create a horrible recipe for a new hippo pie, draw a picture/poster of the greedy hippo with all the food it eats, play a game calling out the names of healthy food and letting others guess the health benefits, colour in the worksheet, draw a picture of a person eating healthy food |  |
| Worksheet 3: Dairy Farming  
Dairy products, cows | Discuss farm animals, discover which one gives us dairy products, watch a video clip on ‘Making butter’, look at some funny cow pictures, read some dairy products poems, listen to a song/video called Milk Song – Food Songs For Children, sing ‘Hey Diddle Diddle’, identify packaging from dairy products, complete the worksheet |  |
Lesson Plan

Prior Knowledge
Good basic hygiene practices

Leads on to...
Washing fruit before eating; good toilet habits, sleep, exercise

Teacher preparation before starting
* Look through some books and online resources on the body and hygiene before you start this lesson to familiarise yourself with content for the lesson
* Read through the worksheets and familiarise yourself with them, and what resources they require
* Make flashcards for Worksheet 1: This is my body – eye, nose, mouth, foot, ear, hand. Make flashcards for Worksheet 2: Importance of washing regularly – for hand, face, ears, toes, arms, back, hair; Worksheet 3: Dairy farming – cow, goat, sheep, cheese, apple, milk, maas, cottage, cheese, yoghurt

Learning Activities and how to teach them
Note that internet links are optional
Work through the worksheet’s as follows:

Worksheet 1: This is my body
* Discuss the body parts and point to them
* Sing a song called ‘Head, shoulders, knees and toes’. This can be found on YouTube at http://goo.gl/e7BnF and the learners can watch and sing along
* There is also a poem called ‘Hands on shoulders’ which can be found at http://goo.gl/Dcu5G
* Revise the vocabulary on the flashcards, namely: eye, nose, mouth, foot, ear and hand
* The learners cut these words out and paste them in the correct place
* They decorate the worksheet
Worksheet 2: What my body needs to stay healthy
* Have a discussion about healthy food and find out what learners eat at home that is healthy
* Learn a song called ‘Fruits & vegetables, the good food song’ found on YouTube at http://goo.gl/Pd7fT
* Play a story called ‘The greedy hippo’ from BBC stories found at: http://learnenglishkids.britishcouncil.org/ar/short-stories/the-greedy-hippo. Warm up for the story by asking the learners to predict what a greedy hippo might eat. As follow-up work, ask children to prepare a horrible recipe for a new hippo pie. You could also ask the learners to draw a picture/poster of the greedy hippo with all the food it eats, or invent another greedy animal
* Show the pictures you have made of all the food items to the learners and let them call them out. Explain the health benefits of each group. Turn this into a game where the learners take the group of pictures and read them out and the class calls out the benefits
* Work through the worksheet with the learners. The learners colour in the worksheet and also draw a picture of themselves eating healthy food in the space provided

Worksheet 3: Dairy Farming
* Discuss farm animals such as cows, goats and sheep, and find out what the learners know about them. Discuss which one gives us dairy products (note that goats also give milk)
* There is a useful video clip on Making Butter found at: http://www.kiddyhouse.com/Farm/Cows/
* You could also show the learners some funny cow pictures at: http://www.kiddyhouse.com/Farm/Cows/
* Read some dairy products poems at http://www.tastearts.com/tag/dairy-poems/ and discuss any others that the learners might know about
* Listen to a song/video called Milk song - food songs for children found at: http://www.youtube.com/watch?v=dhxTuLaGmDA
* The learners could sing ‘Hey Diddle Diddle’ with the music and words found at http://www.kiddyhouse.com/Farm/Cows/. This particular site has a large number of crafts and activities for kids revolving around cows
* Show the learners the packaging from dairy products and let them identify them. They complete the worksheet and circle the odd one out

Expanded opportunities
* Trace the learners on large pieces of newsprint paper and let them colour in their life size bodies and colour them in
Dairy farming

Where do dairy products come from?

Colour the animals that give us dairy products.

What products are made from dairy? Circle the odd one out:

- cow
- goat
- sheep
- milk
- butter
- cheese
- Maas
- cottage cheese
- yoghurt

Learner Activity

Name: ___________________________ Date: ___________________________

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This is my body

Name: ____________________________  Date: __________________________

Cut out and paste the names of the body parts into their correct spaces.

- eye
- nose
- mouth
- foot
- ear
- hand
What my body needs to stay healthy

Look at what different types of food do for our bodies.

<table>
<thead>
<tr>
<th>Food</th>
<th>What it does:</th>
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<tbody>
<tr>
<td>pasta</td>
<td>Gives us energy</td>
</tr>
<tr>
<td>rice</td>
<td></td>
</tr>
<tr>
<td>cereal</td>
<td></td>
</tr>
<tr>
<td>bread</td>
<td></td>
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<tr>
<td>meat</td>
<td>Helps to build muscles</td>
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<tr>
<td>chicken</td>
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<tr>
<td>fish</td>
<td></td>
</tr>
<tr>
<td>eggs</td>
<td></td>
</tr>
<tr>
<td>milk</td>
<td>Helps give us strong bones and teeth</td>
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<tr>
<td>cheese</td>
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</tr>
<tr>
<td>yoghurt</td>
<td></td>
</tr>
<tr>
<td>fruit and vegetables</td>
<td>Helps skin, eyes and bones</td>
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