

Grade 6

Lesson 5

Lesson plan

Lesson theme	Spread the word	Grade	6
Duration	30 - 40 minutes	Date/week	
Context			
<ul style="list-style-type: none"> The benefits of leading a healthy lifestyle. 			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none"> Integrate the nutrition and physical activity knowledge gained in the previous 4 lessons. 		N/a.	
Core knowledge			
<ul style="list-style-type: none"> The theoretical base for this lesson is the same as that for the first 4 lessons. 			
Learning activities and assessment			
Group work:			
<ul style="list-style-type: none"> Discussion: <ul style="list-style-type: none"> The effects or main functions of the nutrients that were listed in lesson 3 The different health benefits that come from doing different exercises like cardiovascular fitness and strength training How the benefits of good nutrition relate to physical activity Learners get into groups and draw up posters. Some of the groups write facts about the health effects and main functions of the nutrients listed above. The other groups list different exercises and their specific health benefits Learners read each others' tips and facts. 			
Individual work:			
<ul style="list-style-type: none"> Introduce the worksheet for lesson 5. 			
Forms of assessment		Resources	
<ul style="list-style-type: none"> Discussion Poster Worksheet. 		<ul style="list-style-type: none"> Coloured pens Paper Drawing pins Worksheets. 	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none"> Get permission and display all the facts and tips on the school notice board. 		<ul style="list-style-type: none"> The activities show learners the benefits of eating healthily and participating in various forms of physical activity. 	

Grade 6

Lesson 5: Spread the word (30 to 40 minutes)

1 Outcomes

By the end of this lesson, the learners should be able to:

- List the health effects of certain nutrients
- List the different health benefits of different exercises and explain how good nutrition helps physical activity.

2 Teacher's corner

The aim of lesson 5 is to integrate the nutrition and physical activity knowledge gained in the previous 4 lesson plans. Therefore the theoretical base for this lesson is the same as that for the first 4 lessons.

3 Activities

For lesson 5 you'll need the following equipment:

- Coloured pens
- Paper
- Drawing pins.

Activity 1: Bringing it all together (30 to 35 minutes)

Choose a warm-up exercise from the list of warm-up and cool-down exercises.

Activity part 1: Introduction (15 minutes)

Nutrition

- Total fat
- Saturated fat
- Polyunsaturated fat
- Mono-unsaturated fat
- Cholesterol
- Carbohydrate
- Sugar
 - Fibre
 - Protein
 - Sodium.

You can find detailed information on the health effects of each nutrient in lesson 3.



Grade 6

Physical activity

Discuss exercise tips with the class. Refer to activities done in previous physical activity lessons. You can remind the learners that different exercises have different health benefits, for example, cardiovascular fitness and strength training.

End the discussion part of the activity by mentioning how the benefits of good nutrition relate to physical activity. Good nutrition provides energy, keeps you healthy and enables you to play sport or exercise. It also helps to maintain a healthy weight.

Activity part 2: Main part of activity 1 (15 minutes)

- Divide the class into groups with no more than 5 learners per group
- Give the groups paper and coloured pens
- A few groups must focus on writing facts about the health effects and main functions of the nutrients listed above. The other groups must list different exercises and their specific health benefits.
- Instruct the groups to think of creative ways of displaying their information
- Get permission and display all the facts and tips on the school notice board.

Tips for activity 1:

Ensure the learners understand the health effects or main functions of commonly listed nutrients including saturated fat, unsaturated fat, cholesterol, carbohydrate, protein, sodium, fibre and sugar. Refer to previous lessons on nutrition for this information. Remember to edit the learners' writing so that incorrect information does not go on the notice board.

4

Wrap up (5 minutes)

Give the class a chance to read each other's tips and facts. Invite other classes to read the notice board. Remember the aim is to spread the word!

Grade 6

Name: _____

Worksheet: Grade 6, lesson 5

Task 1: Create a health brochure

Use the list of facts about physical activity and nutrition that you completed in class for this task.

Create an information brochure that includes facts on physical activity and nutrition.

Find pictures in a newspaper or magazine to paste on the brochure.

Task 2:

Explain the information on your brochure to a member of your household. After your explanation, give them a short test, and write down their answers.

Questions you can ask

- List 1 fact about healthy nutrition.

- List 1 fact about physical activity.

- How physically active are you?

- Are there any changes you would like to make to your diet after having heard some of the facts about nutrition?
