

TAKE CARE

E ENRICHMENT LESSON 1: HOW CAN WE STAY HEALTHY?

Key vocabulary:

food, healthy diet, dairy, fruits, vegetables, meat, fish, beans, fat, sugar, bread, potatoes, cereals, exercise, physical activity, hot, sweaty, heart beating, pulse, tired, aching, muscles, clean, hygiene, hygienic, wash, bath, shower, brush, comb, toothbrush, toothpaste, soap, water, shampoo

Resources:

Short non-fiction books suitable for young children (with large pictures and few words per page), homemade book blanks

LESSON SUMMARY:

In this lesson children create a picture book for younger children to demonstrate what they know about keeping healthy.

Preparation required:

Make a book for each child by folding one sheet of A4 paper and one sheet of A4 card in half and using a long-armed stapler to staple them together at the centre to make a book.

National curriculum links:

Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Learning intention:

To present information about staying healthy in a book for younger children

Working scientifically links:

Using observations and ideas to suggest answers to questions

Success criteria:

- I can decide what information needs to go in my book.
- I can decide what words and images to put on each page.
- I can state the key messages about how to stay healthy and safe.
- I can create an effective front and back cover.

EXPLORE:

Explain to children that they are each going to create a book to share with children in the Early Years class, to help them to understand about keeping healthy.

Read to children a short non-fiction book designed for young children with a few words on each page and large images. This could be about the human body or another topic of interest. If possible provide pairs of children with similar types of books. Ask them to look at the front covers, the back covers and the inside pages.

Ask: *What is similar about all the front covers?* (They all have the title of the book, the name of the author and a picture.) *What is on the back cover? How many sentences and words are on each page inside the book? Does each page have about the same amount of writing? Are there words and pictures on both pages or are the words on one page and the pictures on the other?*

ENQUIRE:

Show the class the Book planning template (Resource sheet 1) on the IWB and demonstrate to children how they should plan their books. You may wish to plan a book for a linked but different topic, for example, our senses or parts of the body. Show how you first think about what needs to be included in your book. Then type in what is going on the front and back cover, and on some of the pages inside.

Give each child their own copy of the template, which they complete before they start on their own books. Ask them to talk to a partner about their plan before they start on their book.

Each challenge focuses on a different aspect of keeping healthy: eating well to be healthy, exercising to be healthy, and keeping clean to be healthy. Children could either choose which aspect they want to focus on or you can make this decision based on your assessment from the previous lessons.

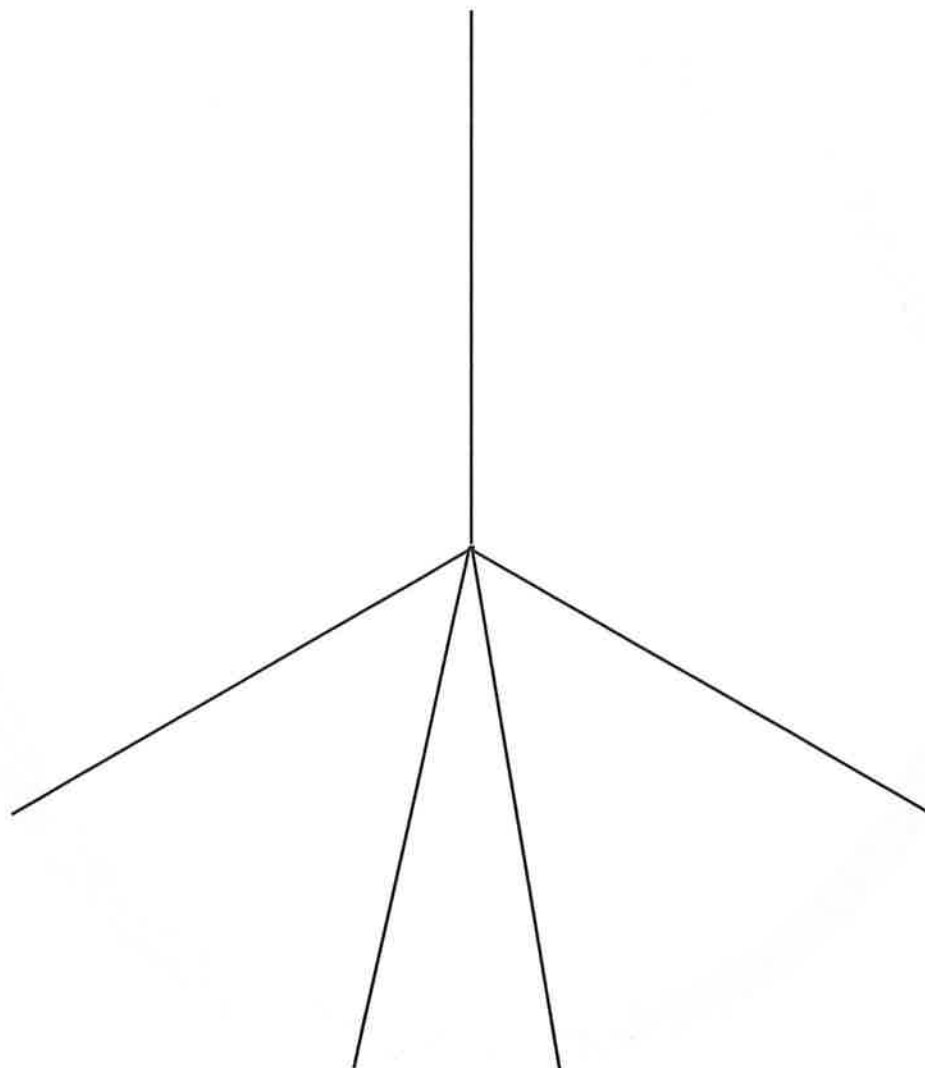
Challenge 1: Children plan and create a book about eating to be healthy

Provide the children with the Eating well to be healthy sheet (Resource sheet 2) to remind them of what they learned in Lesson 2 about eating healthily. Ask the children to create a book entitled 'Eating well to be healthy'. Encourage the children to use the Book planning template (Resource sheet 1) to plan their books.

EATING WELL TO BE HEALTHY

Fruit and
vegetables

Bread,
potatoes and
other cereals



Meat, fish and
alternatives

Milk and
dairy foods

Foods containing fat;
foods containing sugar

HOMEMADE BOOK PLANNING TEMPLATE

Front cover
Title
Author's image

1

Back cover
Blurb

8

2

3

4

5

6

7