

Teacher's Note

- Try to encourage students to remember how many healthy activities they perform in a day. Make a list if you like and record them.
- Check student's drawings.
- Brushing teeth can prevent tooth decay and helps to achieve healthy gums.
- Washing hands will prevent germs spreading and prevent people from getting sick.
- Riding a pushbike will give students exercise which will make them strong and healthy.
- Healthy activities: Go for a swim, play cricket, eat a fruit salad.

Suggested Activities:

- ❖ Record all the healthy activities students perform during the week. Record all the unhealthy activities students perform during the week. Which one outweighs the other? Can students improve on healthy habits? Discuss how.
- ❖ Make a health food poster. Collect pictures of healthy foods from old magazines.
- ❖ Make a health food place mat. Glue healthy food pictures on an A4 piece of paper. Laminate the place mats when finished.
- ❖ Use waste material to make a health food mobile. Ask students to draw, cut, paste etc. healthy foods. This can be carrots, bananas, apples, cucumber etc. You could hang a large toothbrush from the mobile as well. (The students may prefer to make a junk food mobile. More fun!)
- ❖ Visit: http://teachingtreasures.com.au/art_page_more.html
- ❖ Visit: <http://www.colgate.com/kids-world/>
- ❖ Visit: <http://www.bbc.co.uk.education/health/kids/btext.shtml>

Learning Area: Health. **Strands:** CHL. SMS. IS. **Overarching:** 1,2,3,4,5,6,7,8,9,10,11,12,13.

Linking Subjects: Eng & Arts.