

Individual Activity Lesson Plan



Date: 04th June 2020

Activity Title: Keeping Healthy

Learning Intention: To recognise ways we can keep healthy and distinguish between healthy and unhealthy foods.

Links to EYFS: Physical Development:
Shows some understanding of good practice with regard to eating, exercise, hygiene and sleeping.

Resources:

- Variety of food – healthy and unhealthy for sorting.

Activity Overview: Your child will discuss ways of looking after their health.

Key vocabulary: Healthy living, ourselves, look after, healthy foods, unhealthy foods, drinks, exercise, sleep, rest, good, bad, hygiene, eat.

ACTIVITY IMPLEMENTATION (including key questions)

Introduction:

- Introduce the idea of looking after ourselves.
- Encourage your child to think about things that they think they can do to look after themselves (you could make a list).
- Talk about things like eating healthily, exercising, sleeping or resting, personal hygiene and talking to others about our feelings and drinking lots of water.
- Explain to your child that our bodies are clever, but we need to look after ourselves to help keep us happy and healthy.

Main Activity:

- Let your child know that the main activity we are going to do today is looking at healthy and unhealthy food (it is important to share the message that unhealthy food can be eaten sometimes as a treat, but to stay healthy we shouldn't eat this type of food often).
- Put together some food in a box with your child.
- Get two containers or plates that the foods can be separated into.
- Sort them out into healthy and unhealthy groups (or foods we should eat lots of often and foods we should have now and again, as a treat).
- Explain how healthy foods give our bodies energy, help us to grow and keep us feeling happy.

Key Questions:

- Do you know what it means to eat a healthy/balanced diet?
- Can you name some healthy foods which we should eat lots of?
- Can you name any foods which are unhealthy and we should eat less often?
- Support your child by giving examples of foods they eat.
- Talk about exercises. Do you know what exercise is and what sort of things you can do to exercise?
- What is personal hygiene and can you tell me things to do to keep good personal hygiene?
- Do you know how we keep our brains happy and healthy (remind your child of mindful moments)



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Additional ways to support your child:

Show your child some examples of healthy and unhealthy foods.

Extension:

Ask your child to set a goal – what would they like to do to help their body stay healthy or become even healthier? (They may want to eat 1 more portion of fruit or vegetables per day, they may want to have an extra glass of water or spend 5 more minutes outside). Keep a diary for 7 days – this could involve drawing a little symbol every day to show their progress.