

Lesson three: Does nutrition make a difference? (30 minutes)

1. Outcomes

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

- list three ways that a healthy diet can improve physical wellness
- list three ways that a healthy diet can improve mental wellness.

2. Teacher's corner

The aim of this lesson is to introduce learners to:

- healthy and poor dietary habits
- how healthy and poor dietary habits affect personal health.

You should explain that a well balanced diet has many health benefits.

- Many harmful conditions can be improved or avoided by eating an adequately nutritious diet: anaemia, obesity, allergies, tooth decay, arthritis, osteoporosis, heart attacks, strokes and high blood pressure
- If you eat correctly, you are much more likely to feel healthy and be able to do the things you like to do
- Eating a variety of foods in the right proportions will help you to avoid the problems of overeating and get a variety of nutrients
- Choosing a diet with plenty of vegetables, fruits and grain products helps to prevent constipation, cancer, obesity, heart attacks and strokes. The fibre also helps the food to move through your system faster.
- Limiting the amount of sugar you eat helps to prevent obesity and tooth decay. Instead, try to eat more nutrient-rich foods.

Eating a healthy, well balanced diet that is low in fat helps to maintain a healthy weight, which in turn has many health benefits:

- Maintaining a healthy weight will decrease your chances of suffering from heart disease, a stroke, certain cancers and obesity
- Choosing a diet that is low in fat (especially saturated fat) and cholesterol helps to prevent high blood pressure, heart attacks, strokes and obesity. High blood pressure and heart attacks are caused by blockages within the arteries going to the heart. A stroke is caused when a blood vessel going to your brain is blocked.
- Using salt in moderation will also reduce your risk of suffering from high blood pressure, which is associated with heart attacks and strokes.

3. Activities

For lesson three, you'll need the following equipment:

- An A4 page with cartoon the strip and a few blank lines underneath. Give each learner a copy of the A4 page with the cartoon strip.

- Cartoon strip: "Winning Welile"





Activity one: Discussion on a healthy diet (5 minutes)

Tell the learners about what foods make up a healthy diet. Be sure to discuss the following points:

- The importance of variety in a diet
- Food containing a lot of sugar and fat should be eaten in moderation. List typical foods that are high in sugar (fizzy drinks, sweets etc) and fat (hamburgers, chips etc).
- Explain the link between feeling healthy and energetic and eating a balanced diet.

Activity two: Make healthy food choices (20 minutes)

Start off by asking the learners if they ate breakfast and then let them describe to you what they ate.

Tell a story about a learner who eats a well balanced diet and is happy and healthy. Emphasise the importance of eating breakfast.

- Give each learner a copy of the cartoon strip template
- Place the learners into groups and complete the story by writing underneath the pictures
- Ask each group to tell their story to the class.

4. Wrap up (5 minutes)

Remind the learners that eating a healthy diet means eating a variety of nutritious foods. Emphasise the benefits of a healthy diet and how this is represented by the cartoons.

Name _____

Worksheet: Grade three lesson three

Task one: Healthy or unhealthy

Complete the table below. If you think the eating habit below is healthy, place a tick in the 'healthy' column. If you think it is unhealthy, place a tick in the 'unhealthy' column. If you don't know, draw a question mark.

Eating habit	Healthy	Unhealthy
Eating breakfast everyday		
Drinking lots of fizzy drinks		
Drinking clean water		
Eating chocolates and sweets instead of supper		
Eating lots of vegetables and fruit		
Putting lots of sugar into your tea		

Task two: Connect the dots

Link the healthy foods using a green crayon, and the unhealthy foods using a red crayon.

Apple



Bread

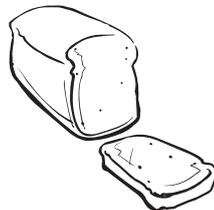
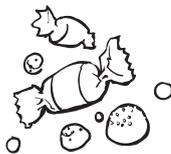
Banana

Lollypop

Carrots

Sweets

Milk



Pizza

Fizzy drinks

Chocolate

Ice cream



Ice cream