

Health and Family Life Education

Date: May 4th -8th, 2020

Grade: 4

Theme: NUTRITION AND PHYSICAL ACTIVITY (EATING AND FITNESS)

Topic: Choosing Healthy Foods

Objectives: At the end of the lesson, students will be able to

- Define the term healthy foods.
- State at least 3 reasons why choosing healthy foods are important.
- Explain the functions of at least 3 vitamins and 3 minerals.
- Describe the difference between macronutrients or micronutrients.

Resources: HFLE Grade 4 Curriculum, YouTube, paper, pencil, markers/ crayons, paper plate, paper

Content:

Healthy foods are a food that does not contain high content of sugar, salt and fats. They are foods that are rich in vitamins and minerals. Fruits, vegetables, grains and lean meats are examples healthy of foods. Choosing healthy food means choosing a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals.

Activities:

1. Food Groups are Rocking Tonight sing along song
<https://youtu.be/GaLvxVnn8Yg>

Assignments:

You have the task of organizing your family's Sunday dinner. Use the food drum to assist you in planning a healthy Sunday meal. You can draw a similar plate on a piece of paper or you can use a disposable paper plate to plan a balanced meal.

Ask your parent/guardian to assist you. Record a public service announcement for all grade 4 students in The Bahamas. Advise them on the importance of choosing healthy foods to eat. Warn them about what can happen if they don't eat balanced healthy meals.