

Keeping healthy and keeping safe: Outcomes and activities

God is Wise: Foundation Year

A good definition for the children to learn: “Wisdom is knowing the right thing to do, and doing it.”

Wisdom means knowing how to live and how to act. We should ask God for wisdom, and obey Him as He reveals His wisdom to us. We can show wisdom in making healthy food choices.

Outcomes: Students will

- recognise and identify healthy foods, including a variety of different fruits and vegetables.
- understand the difference between foods from God’s Garden, (naturally grown), and foods that man has made or changed.
- learn how to keep healthy by minimizing junk food
- classify fruits and vegetables into colour groups
- learn how to keep safe when crossing the road
- understand the importance of washing hands

Key questions:

What are your favourite foods?

Why do we need food?

How does food help you stay healthy?

Which foods help you stay healthy?

What does it mean to be healthy?

What does ‘wise’ mean? (Being ‘wise’ means ‘knowing the right thing to do, and doing it’.)

How can we keep safe?

Activities

Healthy Food:

God has provided us with so many different foods, from plants and animal. Which foods make us strong and help us to keep well? Which foods could make us feel tired, and even get sick if we ate too much of it?

Exercise: Our bodies need to move and have exercise which strengthens our muscles. Let’s do some exercise now... running on the spot, doing some star jumps. What exercise can we do when we play outside?

Water: What is the best drink? Water, juice or fizzy drink? If you are wise, which will you choose?

Healthy habits

What is a healthy habit? A habit is something that we do very often.

So, a healthy food habit is to eat healthy food most of the time.

So, a healthy water habit is to drink water instead of coloured drinks most of the time.

A healthy exercise habit is to run around and play outside as much as we can.

Make a poster to show all 6 healthy habits: 3 from last week, (healthy food, water and exercise), plus the following:

Washing and keeping clean: Have some soap (good for a smelling experience), toothpaste and brush, shampoo. What do we use these for? It is important to look after our bodies by washing, caring for our teeth and brushing hair.

Sunshine and fresh air make us healthy too. It important to play outside.

Sleep: We all need to rest. When we are asleep our body grows and gets stronger. If we didn't sleep, we would be very tired! When should we go to bed? (when our parents tell us to; not too long after dark)

Safety

To keep safe, it is wise to listen and follow instructions.

What rules can we make for keeping safe?

Road safety

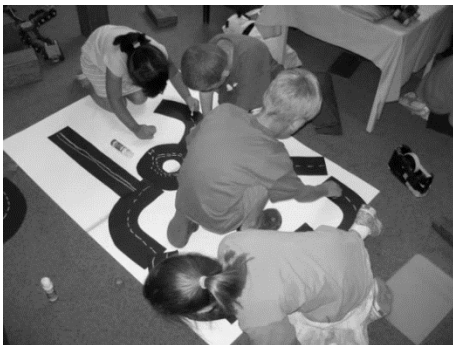
Discuss rules for crossing the road.

Is it safe to play near the road? Why not?

Free play with small cars and trucks.

Make a road mat for them to go on.

If you don't have any cars and trucks, draw and cut out pictures of cars and stick them on wooden blocks so they stand up.



Make cars from large cardboard boxes that children can sit in.

Keeping germs away

Make a poster about washing hands

