

Safe and healthy: Outcomes and activities

God is Wise Year 4

Spiritual Awareness

Our bodies are temples of the Holy Spirit. Each individual is extremely valuable. It is therefore our responsibility to look after ourselves, to think ahead and act wisely for our own protection. Wisdom involves listening to wise advice and obeying rules for safety and good health.

Values: Our response to 'God is Wise'

- **Integrity:** Ask God and find out from the Bible: What is the right thing to do? Put this into practice
- **Wisdom:** Learn from people who are wise
- **Trust** in God to be a guide for the journey of life
- **Responsibility**

Outcomes for safety:

Students will gain an understanding of principles for safety:

- In the home
- In outside play
- On the internet
- In the case of strangers
- In a storm
- In the water

And learn what to do in the case of an emergency.

Outcomes for health:

Students will gain an understanding and put into practice the following health principles:

- Drinking water
- The importance of eating fruits, vegetables and foods from nature
- The importance of minimizing sugar in the diet
- Eating a healthy breakfast and lunch
- Eating a healthy meal together with the family

Bible passages

The wisdom of discipline: The Bible tells us that athletes must discipline their bodies in terms of training. We can discipline ourselves through exercise and healthy eating; but also discipline ion prayer and Bible reading, as we are training in the Christian life.

1 Cor 9:24-27 (Good News Translation)

Surely you know that many runners take part in a race, but only one of them wins the prize. Run, then, in such a way as to win the prize. 25 Every athlete in training submits to strict discipline, in order to be crowned with a wreath that will not last; but we do it for one that will last forever. 26 That is why I run straight for the finish line; that is why I am like a boxer who does not waste his punches. 27 I harden my body with blows and bring

it under complete control, to keep myself from being disqualified after having called others to the contest.

The wisdom of following good advice:

Proverbs 19:20 (Good News Translation) If you listen to advice and are willing to learn, one day you will be wise.

Proverbs 15:31-32 (Good News Translation) If you pay attention when you are corrected, you are wise. If you refuse to learn, you are hurting yourself. If you accept correction, you will become wiser.

Discuss the good advice we should follow in terms of keeping safe and keeping healthy.

Key Questions

- What is wisdom?
- Why should we take care of our bodies?
- Why does God want us to follow rules?
- What rules can we make for keeping safe?
- What rules can we make for keeping healthy?

Activities

Over the next four weeks, the family can participate in some health challenges as outlined in the “Healthy Me” activities, pages 7 – 12. There are 6 challenges – drinking water, eating fruit and vegetables, healthy snacks, healthy breakfast, lunch and dinner, and preparing a healthy family meal. Work on one challenge per week, but to get through all in four weeks, do two challenges on two of the weeks.

Make a poster of the eight “NEW START” principles for good health:

- **Nutrients** – are the parts of food that makes us grow, and stay healthy. Only healthy foods do this.
- **Exercise** – at least half an hour every day
- **Water** – 6 glasses a day, (not fruit juice or fizzy drink)
- **Sunlight** – for vitamin D for strong bones.
- **Toxin-free** – avoid artificial food additives and avoid toxic chemicals in the environment
- **Air** – get fresh air every day
- **Rest** – don’t stay up late
- **Think happy thoughts and trust in God**



Some definitions

Natural food: Also called 'unprocessed food'. These are foods directly from nature, such as fruit, vegetables, nuts, meat, fish and eggs. Some dried or tinned foods can be classified as natural foods if they do not have food additives, e.g. dried beans, lentils, rice, butter, milk, tinned tomatoes.

Fast food: Convenience food from outlets. Ready-to-eat foods such as hamburgers, hot dogs, fried chicken and chips. These have some nutritional value but contain ingredients that are not good for our health. Should be eaten rarely.

Food additives: Chemicals added to give artificial colour or flavour, or to preserve the food.

Processed food: These are foods that are changed from their natural state and sold in packets, cartons and cans. Some have nutritional value. Some have additives. Food labels should be checked and assessed for health benefits.

Junk food: food with no nutritional value and food that may be bad for our health. These include sweets, sugary foods, savoury snacks such as potato crisps, and soft drinks or imitation fruit drinks. Should be consumed rarely.

Art Year 4

God is Wise

Topic: Hygiene and safety

Biblical connection: Wise people follow wise advice. We should obey the rules for health and hygiene.

Bible art as a wall display: Wise people of the Bible: Noah listened and obeyed; Joshua listened and obeyed

James 1:5 Ask God for wisdom and He will give it to you.

Make safety and hygiene posters. Show different situations, e.g. hand washing, road safety

Rules for safety:

Listen

Think

Obey

Values education Year 4

God is Wise

Making wise choices

God is wiser than anyone in the whole universe. We can ask God for His wisdom.

Wisdom is...

- knowing the right thing to do, and doing it
- listening to people who are more experienced than we are
- listening to parents and teachers, and doing what they say
- doing what Jesus would do
- making right choices and decisions
- making right choices about the use of time and money

Activities

1. Imagine that you are at secondary school, and have to choose subjects that will be important for your future career. Explain how you would go about choosing your subjects. Who would you ask for advice?
2. Imagine you are given \$10 for a birthday present to spend on art materials. What would you choose and why?
 - paint set \$4
 - coloured markers \$2
 - coloured pencils \$2
 - coloured paper pack \$3
 - glue \$1
 - art paper pad \$3
 - cardboard sheets 50 cents each

What does the Bible say about wisdom?

Proverbs 13:10 Wisdom is found in those who take advice.


James 1:5 Ask God for wisdom.

Proverbs 2:6-10 The Lord gives us wisdom.

1 Corinthians 3:18-19 The wisdom of this world is foolishness to God.

Matthew 7:24-27 The wise and foolish builders.

Thinking Skills Wise Yr 4

<p>Healthy food 1</p> <p>Draw one of your favourite foods.</p> <p>Now invent a healthier version of this food.</p>	<p>Healthy food 2</p> <p>What if you could only eat chocolate, because no other food is available.</p> <p>What would be the consequences?</p> <p>Give 3 suggestions.</p>
<p>Healthy food 3</p> <p>Work out 3 different ways in which this picture could remind us of healthy food.</p> 	<p>Healthy food 4</p> <p>Brainstorm 5 different types of healthy food that taste delicious.</p>
<p>Healthy food 5</p> <p>The answer is “healthy food”.</p> <p>Give 5 questions.</p>	<p>Healthy food 6</p> <p>Think of a healthy food that most children do not like.</p> <p>Think of 3 ways to make the food taste better, but still healthy.</p>

Thinking Skills Wise Yr 4

<p>Healthy food 7</p> <p>Make a list of all the fruits or vegetables you can think of that are the colour:</p> <p>orange.</p>	<p>Healthy food 8</p> <p>Make up a recipe using these 3 ingredients:</p> <ul style="list-style-type: none">•carrot•sultanas•rice <p>You may use other ingredients as long as the dish is healthy.</p>
<p>Healthy food 9</p> <p>Several children in the class have an allergy to sugar and food colouring.</p> <p>Make a list of foods for your class party that will help these children feel as if they are not missing out.</p>	<p>Healthy food 10</p> <p>You are in a “Master Chef” competition and the judges are looking for the tastiest, but healthiest dish.</p> <p>Give 3 suggestions of dishes you could make.</p>
<p>Healthy food 11</p> <p>“Primary school children should not be allowed to help in the kitchen.”</p> <p>Give 2 reasons why this could be a good thing.</p> <p>Give 2 reasons why this could be a bad thing.</p>	<p>Healthy food 12</p> <p>Brainstorm as many ideas as you can, for helping children to eat less junk food.</p>

Healthy Me 1

About water

Student activities

Without water, your body would stop working properly. Water makes up more than half of your body weight, and a person can't survive for more than a few days without it. This is because your body has lots of important jobs to do, and it needs water to do many of them. For instance, your blood, which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working.

When the weather is hot, or when you're exercising, you'll need more. When your body doesn't have enough water, it becomes *dehydrated*. You might feel tired when you are dehydrated, and when you are really dehydrated you can a head ache or feel sick.

You can help your body by drinking 5 to 6 glasses of water each day, and drinking extra water when you exercise and when it's hot.

1. How long can a person survive without water?
2. Why does the body need water?
3. What is it called when the body does not have enough water?
4. How might feel if your body does not have enough water?
5. How much water should you drink?
6. When should you drink extra?

Water	rating
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
week-end	
Total score:	

Draw this table in your book or on paper.

Challenge

Drink plenty of water each day - no sweet or fizzy drinks.

Drink 5-6 glasses of water. (1 glass holds 250 ml.) Give yourself a score (rating) each day: 0 points for not drinking any water; 5 points for drinking the right amount of water. Remember that other drinks like fizzy drinks, juice and cordial get no points.

Healthy Me 2

About Fruit and vegetables

Children need vitamins and minerals for their growing bodies. Our bodies are made of tiny things called cells. Vitamins and minerals are like little sparks that tell the body to grow and to make new cells. If you are sick, or have a cut, the body can repair itself. It needs vitamins and minerals to do this.

Many fruits like oranges, lemons, apples and pineapples have Vitamin C, which helps keep colds away. Carrots have Vitamin A for healthy eyes. Green vegetables have many minerals. Eating fruits and vegetables in a rainbow of colors will provide many different vitamins and minerals to keep you healthy.

Children with healthy diets, especially those who eat a variety of coloured fruit and vegetables, do better on school tests than children who don't eat a healthy diet. Studies have been done to prove this.

1. What do vitamins and minerals do for our health?
2. In which foods do we find vitamins and minerals?
3. Name a fruit that can help to keep colds away.
4. Name a vegetable that is good for your eyes.
5. Why is it good to eat fruit and vegetables of many different colours?
6. How do we know that eating healthy food can help you get better marks in your tests?

Fruit and vegetables	rating
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
week-end	
Total score:	

Draw this table in your book or on paper.

Challenge

Try to eat at least 2 pieces of fruit each day and 5 different kinds of vegetables each day, including raw vegetables. Give yourself a score (rating) each day. 0 points for not eating fruits or vegetables; 5 points for eating lots of fruits and vegetables.

Healthy Me 3

Snacks

Snacking is eating a little bit of food when it's not a meal time.

Too much snacking is not good because:

- It can be bad for your teeth.
- It may spoil your appetite if it's too close to dinner time.
- For some people, it can cause them to put on too much weight.

There are healthy snacks and unhealthy snacks, but we should not do too much snacking, even if the snacks are healthy. One small mid-morning snack and one small mid-afternoon snack is all you need.

Good snacks:

Milk, fruit, raw carrots, coconut, plain crackers with tomato or peanut butter.

Unhealthy snacks:

Sweets, sweet drinks, sweet biscuits, salty things like crisps and chips

Snacking while watching TV...not a good habit

Some children start snacking on a packet of chips while they watch TV. Before they know it, they have eaten the whole packet.

1. Why is too much snacking not a good thing?
2. Make a list of some good snacks that you could eat. Draw pictures.

Snacks	rating
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
week-end	
Total score:	

Draw this table in your book or on paper.

Challenge: Make all your snacks healthy snacks. Try not to eat potato crisps/chips and sweets. Instead choose nuts, fruit, raw vegetables, and healthy home-made snacks.

Give yourself a score (rating) each day. 0 points for not eating healthy snacks; 5 points for eating all healthy snacks.

Healthy Me 4

Healthy Breakfast

Why do we need a healthy breakfast?

When you wake up, your body has been without food for about 12 hours. You need to refuel, like a car needs to refuel with petrol.

If you don't have breakfast you will feel tired and cranky.

Breakfast is brain power

What you eat in the morning is very important. A healthy breakfast will help you pay attention, concentrate, and help you remember the things you have to learn.

A healthy breakfast gives you the nutrients your body needs to grow and keep active.

What is a healthy breakfast?

Foods from nature are best. There are many traditional foods that are good to eat for breakfast.

Breakfast foods should not contain sugar. Sugar is not a brain food. It does not help you concentrate. It makes you tired instead.

1. Make a list of healthy breakfast foods that you would like to eat.
2. How does a healthy breakfast help you?

Healthy Breakfast	rating
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
week-end	
Totoal score:	

Draw this table in your book or on paper.

Challenge

This week you have to eat a healthy breakfast each day. Try fresh fruit, wholemeal toast, porridge, an egg or cereal that has low salt and no sugar. You could also eat rice, vegetables and other traditional foods. Give yourself a score (rating) each day. 0 points for not eating healthy breakfast; 5 points for eating a healthy breakfast.

Healthy Me 5

Healthy Lunch

A healthy lunch is one that gives you energy to work and play. It should also give you the nutrients your body needs to grow and stay healthy.

Sweet, sugary foods like sweet biscuits are not the way to go. Sugar gives you energy for a very short time. After that, you suddenly feel tired. So, sugar really makes you tired, even though it might give you energy for just a little while.

Sugar is bad for your teeth and causes tooth decay.

Good foods to pack for a school lunch could be:

- Sandwiches with fillings such as peanut butter
- Flat breads such as roti, with vegetable fillings
- Raw vegetables such as carrots, tomato, cucumber
- Fruit

Healthy Lunch	rating
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
week-end	
Total score:	

Draw this table in your book or on paper.

Challenge

This week you have to eat a healthy lunch each day. Pack a lunch of healthy foods like fruit, raw vegetables and healthy bread.

Give yourself a score (rating) each day. 0 points for not eating healthy lunch; 5 points for eating a healthy lunch.

Healthy Me 6

The family meal

Meal times are times when families can get together and talk about what they did during the day. It is good for families to sit together to eat a meal that has been specially prepared at home.

Sometimes there are special meals for your extended family, including aunts, uncles, cousins and grandparents. Meals can be a time of celebration.

1. Why is it good for families to eat together?
2. Why is it better to make your own food rather than going to buy ready cooked food from a take-away shop?
3. What kind of healthy foods are cooked in your home?
4. What is an extended family?
5. Think of some occasions when family meals are a time of celebration.
6. Draw your family table looking down from above. (This is called a “birds-eye view”). Draw the food on the table, and draw the family members around the table.

Challenge

This week you have to help Mum or Dad prepare a family’s main meal. Only healthy ingredients allowed!

Ask Mum or Dad if you can help them plan the meal. You can also help to set the table in a special way.

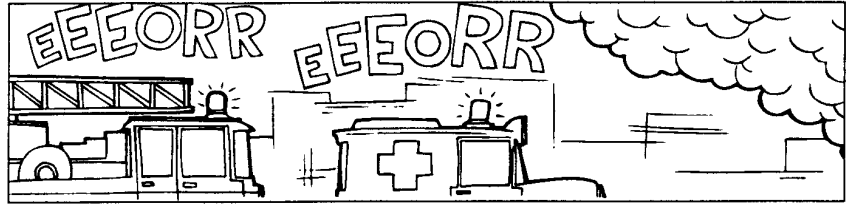
Draw this table in your book or on paper.

Give yourself a score (rating) for each category. 0 points for not doing well; 5 points for doing very well.

The Family meal	rating
1. Meal planning	
2. Table setting	
3. Food preparation and cooking	
4. Serving and presentation	
5. How healthy is the meal?	
6. How did the family enjoy the food?	
Total score:	

Accidents

Accidents can happen to anyone. However, most are avoidable. The causes of most accidents fall into two categories: human behaviour and physical conditions.



1. Complete the table to show the types of accidents that can occur, factors that can cause accidents and ways to avoid them.

Type of accident	Causes of accident	Ways to avoid the accident
Child is hit by a car		
	Carelessness	
House fire		
		Keep medicines locked away
	Badly maintained car	
Electric shock		
Drug overdose		
		Wear a helmet when riding a bicycle
	Heavy rain	
		Take notice of school rules

2. Draw a cartoon strip to show the consequences of an accident that you have seen or been involved in.

3. Make a list of the types of accidents that the following groups of people are most at risk of.

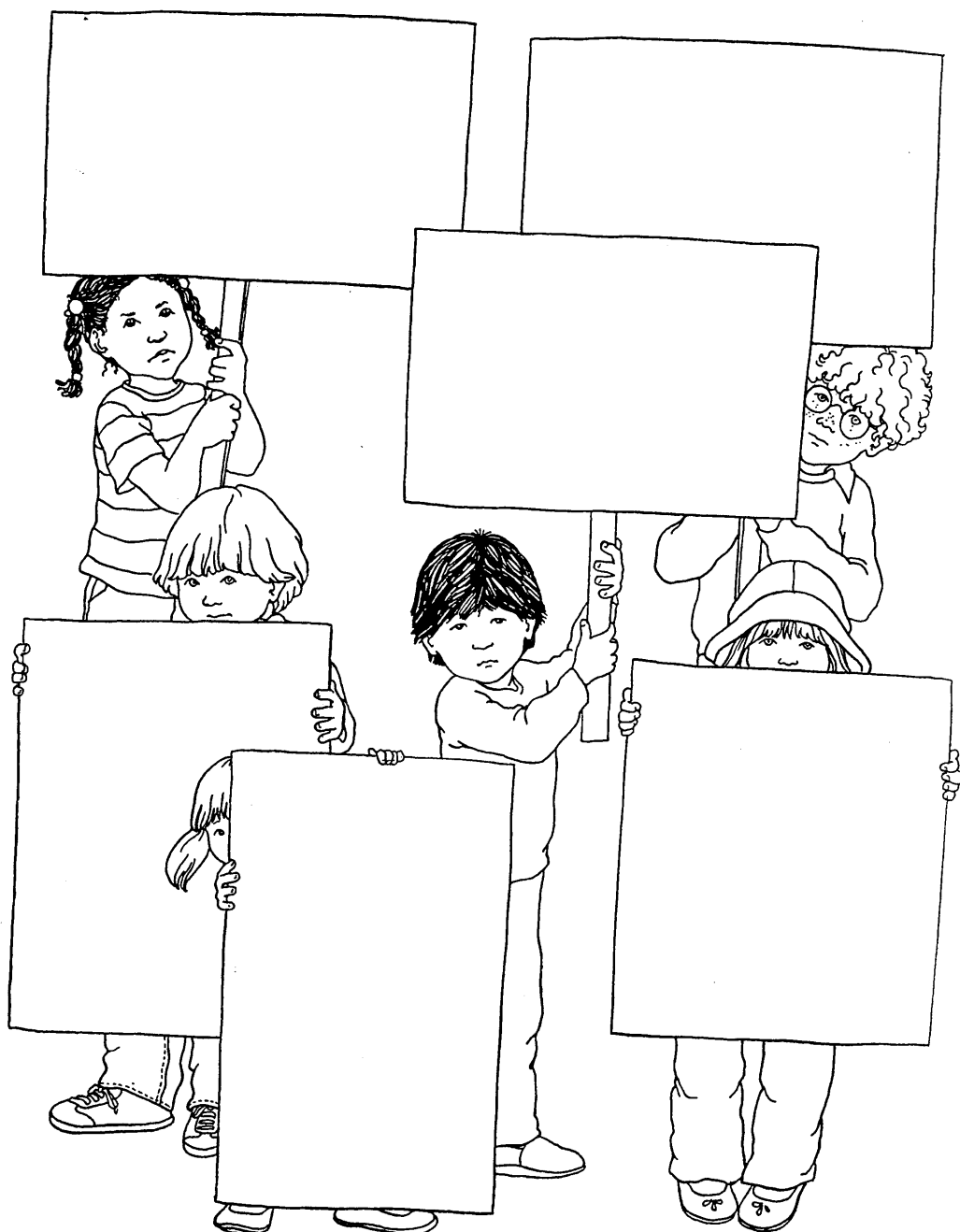
Babies	Toddlers	Age 5 - 12	Age 13 - 17	Adults	Elderly

What's bad for your body?

These children are holding posters to show us the things that are bad for our bodies.

Draw them with their posters. Write inside the posters some things that are bad for us.

You can include more than foods that are bad for us. Think about cigarette smoke, lack of sleep, too much TV and lack of exercise.



Health check

Choose the correct words from the box below to finish these sentences.

Bath or shower

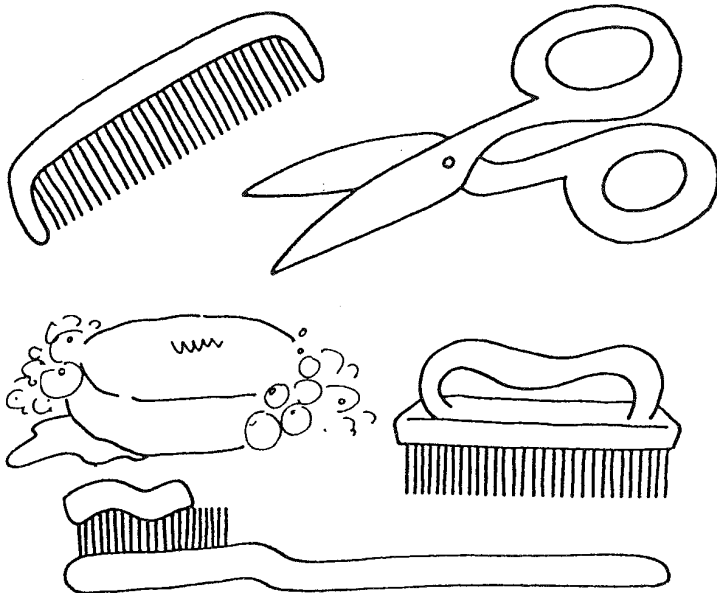
Clean your fingernails

Wash your hands

Cut your fingernails

Wash your hair

Brush your teeth



- once a week
- after going to the toilet
- after every meal
- once a month
- after playing with pets
- every day
- before eating
- once a year
- before you get out of bed