

# God is Wise Teacher's Topic Guide Year 4

## Topic: Safe and Healthy

Duration: 4 weeks

### 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. 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. That is why I run straight for the finish line; that is why I am like a boxer

who does not waste his punches. 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**

**Make posters:**

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

**Fast food:** Convenience food from outlets. Ready-to-eat foods such as hamburgers, hot dogs, fried chicken and chips. 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.

**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.

# 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: Two scenarios for acting with wisdom

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.


#### ***The wisdom of following good advice:***

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**Thinking Skills Wise Yr 4**

<p><b>Healthy food 1</b></p> <p>Draw one of your favourite foods.</p> <p>Now invent a healthier version of this food.</p>	<p><b>Healthy food 2</b></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><b>Healthy food 3</b></p> <p>Work out 3 different ways in which this picture could remind us of healthy food.</p> 	<p><b>Healthy food 4</b></p> <p>Brainstorm 5 different types of healthy food that taste delicious.</p>
<p><b>Healthy food 5</b></p> <p>The answer is “healthy food”.</p> <p>Give 5 questions.</p>	<p><b>Healthy food 6</b></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><b>Healthy food 7</b></p> <p>Make a list of all the fruits or vegetables you can think of that are the colour:</p> <p><b>orange.</b></p>	<p><b>Healthy food 8</b></p> <p>Make up a recipe using these 3 ingredients:</p> <ul style="list-style-type: none"><li>•carrot</li><li>•sultanas</li><li>•rice</li></ul> <p>You may use other ingredients as long as the dish is healthy.</p>
<p><b>Healthy food 9</b></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><b>Healthy food 10</b></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><b>Healthy food 11</b></p> <p><b>“Primary school children should not be allowed to help in the kitchen.”</b></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><b>Healthy food 12</b></p> <p><b>Brainstorm as many ideas as you can, for helping children to eat less junk food.</b></p>