THE LUNCH BAG

'Empowered, Educated Eating'

Health and responsibility:

Lesson: Encouraging students to take responsibility for their own health.

Date: As used

Time: As used

Class: 3rd and 4th Class

Strand: Myself

Strand Unit: Taking care of my body

Materials Needed: Use the 'Combination drawing game' resource as the introduction for this lesson, use the 'Health and responsibility' video as the lesson, use the 'Circle work' resource as the assessment for this lesson and use the 'Colour me in' resource as the activity sheet.

Learning Objectives

1. Realise that each individual has a responsibility for his/her own health and that this responsibility increases as he/she gets older.
2. Understand and appreciate what it means to be healthy and to have a balanced lifestyle regarding eating regularly and balancing play time and work time.
3. Recognise and practice good personal hygiene, know how it is maintained and understand it's importance in social interaction.

Introduction/Stimulus

The use of the 'Combination drawing game' resource in the introduction allows for an enjoyable way to introduce this lesson. It gets students thinking about different parts of the body which is then further elaborated on in this lesson when talking about the importance of maintaining good hygiene levels.

Development

- The lesson begins with an introduction highlighting the fact that as you get older, looking after your health becomes more of your own responsibility. The fact that we can take steps to protect our health is also introduced to students.
- The first step to protecting our health is making sure that we don't stay in wet clothes. This is explained from the point of view of the body's energy being spent on heating the body. The importance of a shower after having gotten wet and cold is highlighted to students prior to changing into fresh clothes.
- The importance of eating regularly is next highlighted to students. Students are educated on the importance of eating breakfast from a point of view of fuelling your brains thinking prior to starting a school day. A feeding routine of 3 small meals and 2 snacks is encouraged, as this is a better feeding routine to follow than having 3 large meals.
- The importance of wearing SPF daily, particularly between the months of April to September between 11am to 3pm is highlighted for students as this is when UVA and UVB rays are at their strongest and most dangerous. This is the recommendation according to the SunSmart Code from the Irish Cancer Society.
- Lastly, the importance of balance regarding work and play is explained to students from a mental health point of view. Students are educated on the fact that it's important that we try our best in school and at our homework, but that it's also important that we take time to ourselves to do things we enjoy.

Conclusion

This lesson is concluded with the use of the 'Circle work' resource as the assessment. This method of assessment is used to encourage students to learn from each other. The lesson is then finished with a fun 'Colour me in' activity sheet.

Assessment	The 'Circle work' assessment resource allows for students to learn from each other. This method of assessment allows for the teacher to check all students have picked up the correct learnings from this lesson and allows students to also learn from their peers.
Linkage/Integration	**Linkage;** - **As I grow, I change;** Recognise how independence and responsibilities are continually increasing. - **Making decisions;** Become aware of and think about choices and decisions that he/she makes every day. Recognise and explore the risks and consequences of making a particular decision. **Integration;** - **Art;** The use of the 'Colour me in' activity sheet allows for the integration of art into this SPHE lesson.

	- **Group Work;** Through the use of the 'Circle work' resource, this allows for the integration of group work into this SPHE lesson.