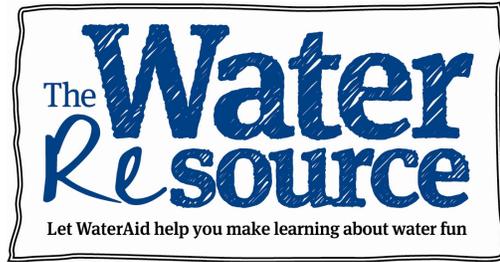


Lesson plan
Primary



Healthy living



Introduction

Each day, 2000 children die as a result of diseases caused by unclean water and poor sanitation in the developing world. This lesson plan is about the importance of clean water in maintaining a healthy lifestyle.

Curriculum links

The curriculum links listed below are not exhaustive but offer a guide as to where this set of lesson plans could fit into specific subject areas.

PSHE: Understanding the importance of maintaining a healthy lifestyle.

Geography: Exploring how geography may have an impact on health.

Aims

- To identify the importance of clean water in a healthy lifestyle.
- To recognise how people can improve their lives by keeping clean and eating healthily.
- To talk and write about opinions, and share ideas with others, on issues that affect ourselves and society.
- To explore how the introduction of a healthy diet can transform everyday community life.
- To take responsibility [for example, for healthy eating at home and at school and for the needs of others, such as by acting as a peer supporter].
- To ask geographical questions [for example, 'How is health in my community changing?', 'What do I think about it?'].

Key words

Healthy lifestyle

Resources

Slideshow: Healthy living

People's stories: Eskender

Song: Poo song

People's stories: Ikognane

Activity sheet: Happy circles

Activity sheet: Happy circles word-bank

Lesson plan

Key question	Activity	Resources
<p>How can we learn about staying healthy?</p>	<p>Singing well</p> <p>Watch the slideshow about how Warok Primary School in Nigeria has become a healthy place to study.</p> <p>Why do you think Patience teaches the children songs about keeping healthy? Songs with catchy tunes can stay in our heads and help us to remember important things?</p> <p>What other things can help us to remember easily, e.g. raps, poems?</p>	<p>Slideshow: Healthy living</p>
<p>How can we stay healthy?</p>	<p>Mobile toilets</p> <p>As a class, make a list of how children at Warok School live healthily, e.g. they wash their hands; avoid going to the toilet area bare-footed; clean the house. You might like to see the slideshow again.</p> <p>Then, read Eskender's story. Find Ethiopia on the map, and add to your list ways the ways he helps other people to keep healthy, e.g. he gives people soap to wash their hands with after they use his mobile toilet.</p> <p>Discuss which of the things on your list is most important to keep healthy. Is this always the case? Can you give a reason for your choice? Who agrees / disagrees with this choice and why?</p> <p>In pairs, choose one way to keep healthy from your list and write a song, rap, poem or cartoon story about it. Decide on your main message and who you want to see / hear it. How will your song make a difference?</p>	<p>People's stories: Eskender</p>
	<p>Poo song</p> <p>Share your songs, raps, poems and cartoon-stories with the class.</p> <p>Play the 'Poo Song'. What are your first impressions? Who wrote the song and why do you think they wrote it?</p>	<p>Song: Poo song</p>

	Out of everything you've seen and heard, which is the most effective way of getting across the healthy living message?	
Why are there differences between what can be grown in the UK and abroad?	<p>Fruit compote</p> <p>As a class, read Ikognane's story. It tells us how the introduction of a well in her village led to a group of women setting up a kitchen garden.</p> <p>As a class, find Madagascar on a world map. Which continent is it a part of? Which fruit and vegetables grow in Madagascar and the UK? Why don't mangos grow in the UK? Do any fruit or vegetables that grow in the UK and not in Madagascar?</p> <p>What do you think of Ikogane's recipe? Why not try and make it!</p>	People's stories: Ikognane
	<p>Happy spirals</p> <p>In small groups, look at the 'Happy circles' activity sheet showing a sad spiral of events. This happens when one difficulty, like having to walk 5 hours a day to collect water, makes other areas of life difficult, e.g. not having enough time to eat properly.</p> <p>The circle-chart shows what life used to be like for Ikognane before a well was built in her village. Re-read her story and use it to fill in the empty boxes to create a 'happy spiral'.</p> <p>Then, draw a symbol for each statement to show how her life has improved, e.g. a watering can.</p> <p>As a class, compare your answers. What do you think about the changes in Ikognane's life? How did the happy and sad spirals make you feel and why? Did you realise how much change a simple thing like a well can bring to people's lives?</p>	Activity sheet: Happy circles Activity sheet: Happy circles word-bank
How can we encourage others to drink more water?	<p>Drink more water!</p> <p>Ikognane grows and cooks fruit and vegetables for her family to eat and sell. She believes her life is much healthier now. Have you ever grown a fruit or vegetable? Does your school have a vegetable</p>	

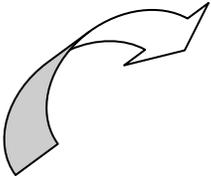
	<p>garden?</p> <p>How can you teach younger children about the importance of drinking more water? Think about Patience, Eskender and Ikognane. Which ways would they choose?</p>	
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Teaching ideas from WaterAid www.wateraid.org/schools

Activity sheet: Happy circles

Before	Now	Symbol
Ikognane walks 5km to collect water from a lake.		

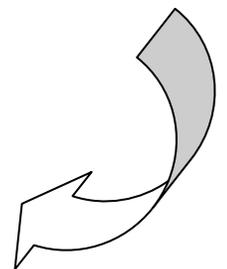
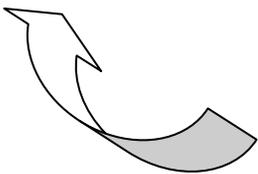


Before	
Ikognane uses the money she earns to buy crops from the market.	

Now	Symbol

Before	
This takes her five hours everyday.	

Symbol	Now



Before	Now	Symbol
After Ikognane has collected water she has little time for earning money.		

Activity sheet: Happy circles word bank

