

Healthy Lifestyles

Outcome:

1.3.1: Students will be expected to understand, develop, and maintain a healthy lifestyle.

Time: 30 minutes

Materials

- “How We Keep Clean” chart

Sequence of Lesson

Day 1

- I will go over the chart with the students: there is a “what,” “when,” and “how we keep clean” column and they will get into groups of 2-3 to complete the chart.
- one person will be the scribe, one person will be the presenter, and if there are more than 2 students per group, stress the importance of everybody contributing their ideas.
- under “what” there is “hands,” “hair,” “face,” and “teeth”. They will be expected to write down when they clean that area of their body under “when” (for example, at nighttime before bed) and the methods they use under “how we keep clean” (for example, under “hair:” we wash it in the tub).

Day 2

- they will complete the chart
- the group will come to the front of the class and the presenter will present.

Assessment

- informal: ask questions during their completion of the chart
- formal: “How We Keep Clean” sheet

How We Keep Clean

Name: _____ Date: _____

What	When	How We Keep Clean
Hands		
Teeth		
Hair		
Face		