



# HEALTHY HABITS



## LEARNING SITUATION

### Key question

- How can we be healthy?

### Let's learn about ...

- healthy food
- exercise and sleep
- hygiene
- free time and feelings

### Team project

- Plan a healthy day chart

# LET'S START!



**WATCH.** What can you do to be healthy?

**THINK BACK.** What sports do you like?

- basketball
- football
- tennis

**LOOK.** What can you see in the photo?



There's a ...

I can see ...



FOOTBALL

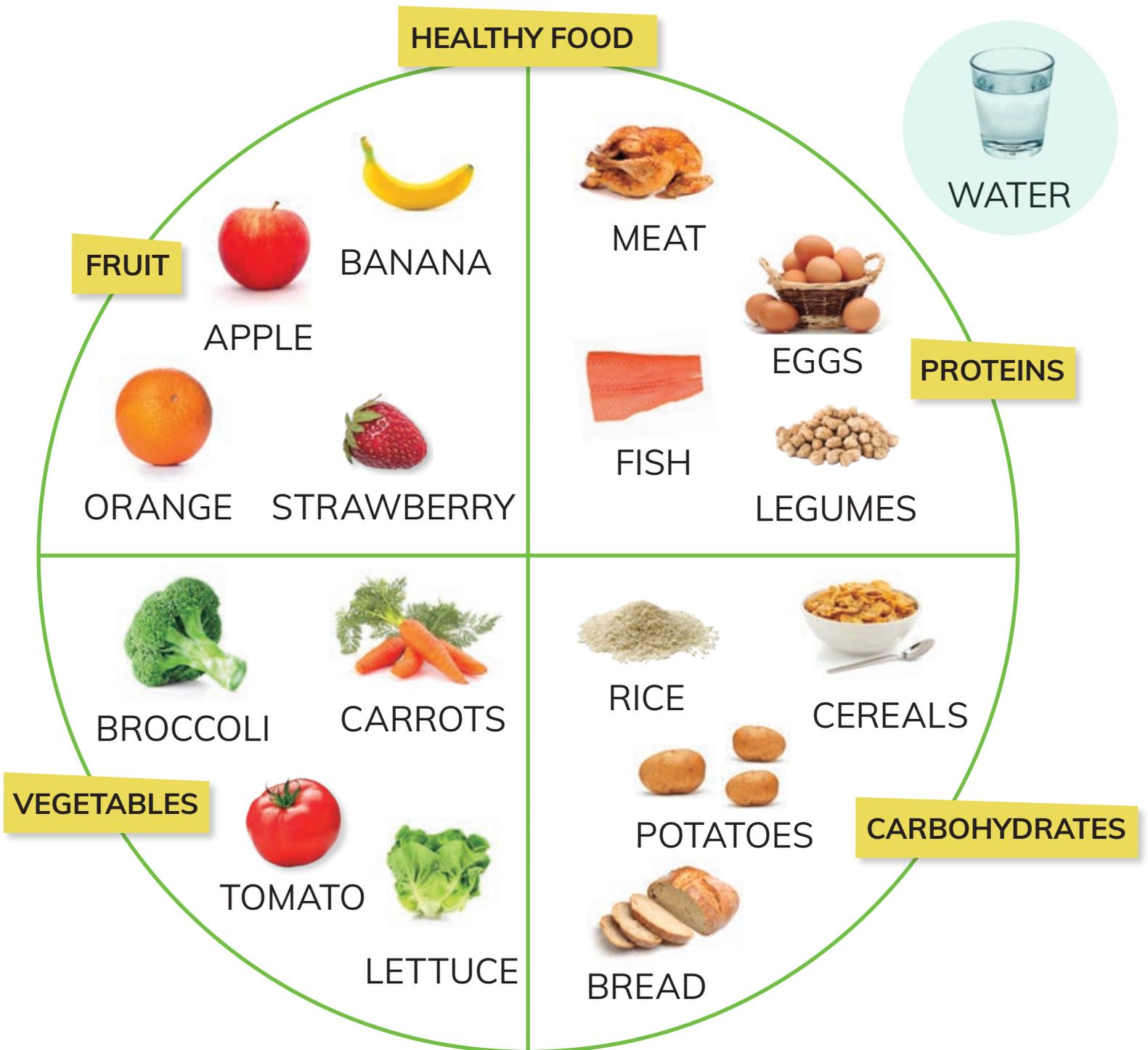
# WHY DO WE EAT HEALTHY FOOD?

Healthy food helps us grow.  
Our bodies also need water.

**Watch**



What foods are healthy?



# Activities

1 What foods are healthy? **STICK**.

**Healthy**

**Not healthy**

2 **LOOK** and **NUMBER** the meals in order.



dinner



lunch



breakfast

3 **AT HOME**. How many glasses of water do you drink every day? **COUNT**.



# WHY DO WE DO EXERCISE?

We do *exercise* to be healthy.

**Think**

What exercise do you do?



RUN



DANCE



SKATE

## Activities

1 What do you need for each sport? **NUMBER.**

1. swim



*goggles*



*cap*



*helmet*



*knee pads*

2. ride a bike



*light*



*swimwear*

# WHY DO WE NEED TO SLEEP?



We *sleep* to rest and grow.  
It's important to sleep  
10 to 12 hours every day.



## Activities

1 What do you do before you go to sleep? **TICK** ✓.



brush your teeth



watch television



go to the toilet



read

2 **ASK** a partner about their sleeping habits.



What do you do before  
you go to sleep?

How many hours  
do you sleep?



# HOW CAN WE KEEP OUR BODY CLEAN?

It's important to have a clean body.

**Watch**



How can you stay clean?



HAVE A SHOWER.



BRUSH YOUR TEETH.



WASH YOUR HANDS ...

**Listen**



Sing the *This is the way* song.



BEFORE YOU EAT.



AFTER YOU GO TO THE TOILET.

# Activities

1 LISTEN and NUMBER the pictures in the correct order.



I eat lunch.



I brush my teeth.



I wash my hands.

2 What is good for your teeth? CIRCLE.



toothbrush



fizzy drinks



sweets



apple



toothpaste

3 TICK ✓ the person that checks our teeth.



police officer



dentist



artist

# WHAT CAN WE DO IN OUR FREE TIME?

We can do different activities in our *free time*.



PLAY



DRAW



ENJOY NATURE

## Activities

1 What do you do in your free time? **CIRCLE.**



with my family



with my friends



sing and dance



watch a film



play in the park



ride a bike



play boardgames



cook

# HOW DO WE FEEL?



We've got different feelings.



HAPPY



SAD



ANGRY



SCARED

## Activities

1 What can we do when we are angry? **LISTEN** and **PRACTISE** the steps.



Breathe.



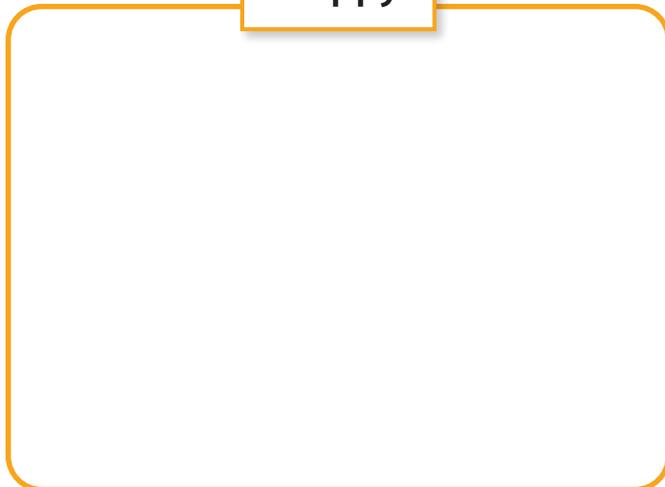
Count to 10.



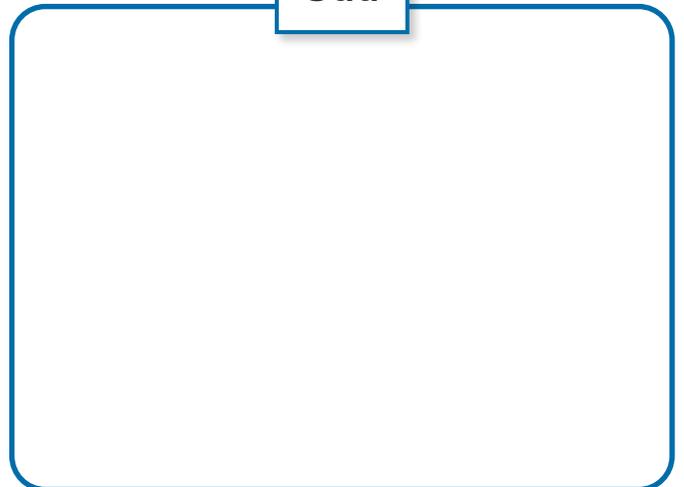
Drink water.

2 What makes you happy or sad? **DRAW**.

Happy



Sad



## TALK ABOUT YOUR FREE TIME

**1** What activities can we do in our free time? **NUMBER**.

1. read



2. play the guitar



3. draw



**2** What do they like? **CIRCLE** the correct words.



I like / don't like to play tennis.



I like / don't like to swim.



**Language tip**

- I like ...
- I don't like ...

**LET'S TALK!**

**3** TALK about your free time. ASK a partner and TICK ✓.



	My partner	
read books	<input type="checkbox"/> yes	<input type="checkbox"/> no
go to the park	<input type="checkbox"/> yes	<input type="checkbox"/> no
listen to music	<input type="checkbox"/> yes	<input type="checkbox"/> no

Do you like to read books?

Yes, I do.

## CAN SOAP KEEP OUR HANDS CLEAN?

Let's find out how we can keep our hands clean.

### HYPOTHESIS

👤 Can soap keep our hands clean?  
TICK ✓.



yes



no

### DO THE EXPERIMENT

#### MATERIALS



bowl



pepper



soap



water



#### STEP 1

Put water in the bowl.



#### STEP 2

Put pepper in the water.



#### STEP 3

Put soap on your finger.



#### STEP 4

Touch the water.



### RESULTS

CIRCLE your results.

Soap *can* / *can't* keep our hands clean.

# TEAM PROJECT



## PLAN A HEALTHY DAY CHART

It's important to have healthy habits.

### DISCUSS

**1** What are healthy habits? **TALK** with your classmates and **TICK** ✓.



wash your hands



eat sweets



eat fruit



shout



enjoy nature



brush your teeth



do exercise



play videogames



sleep

## TAKE ACTION

**2** **MAKE** a chart to plan a healthy day. Follow the steps.

- Step 1: Think of healthy habits you do every day.
- Step 2: Draw a healthy habit for each part of the day.

### MY HEALTHY DAY

In the morning

In the afternoon

At night

## SHARE

**3** **SHARE** your chart with your classmates.

### TEAM ASSESSMENT



- Read and colour.

*We listen to our classmates.*



**OK**



**GOOD**

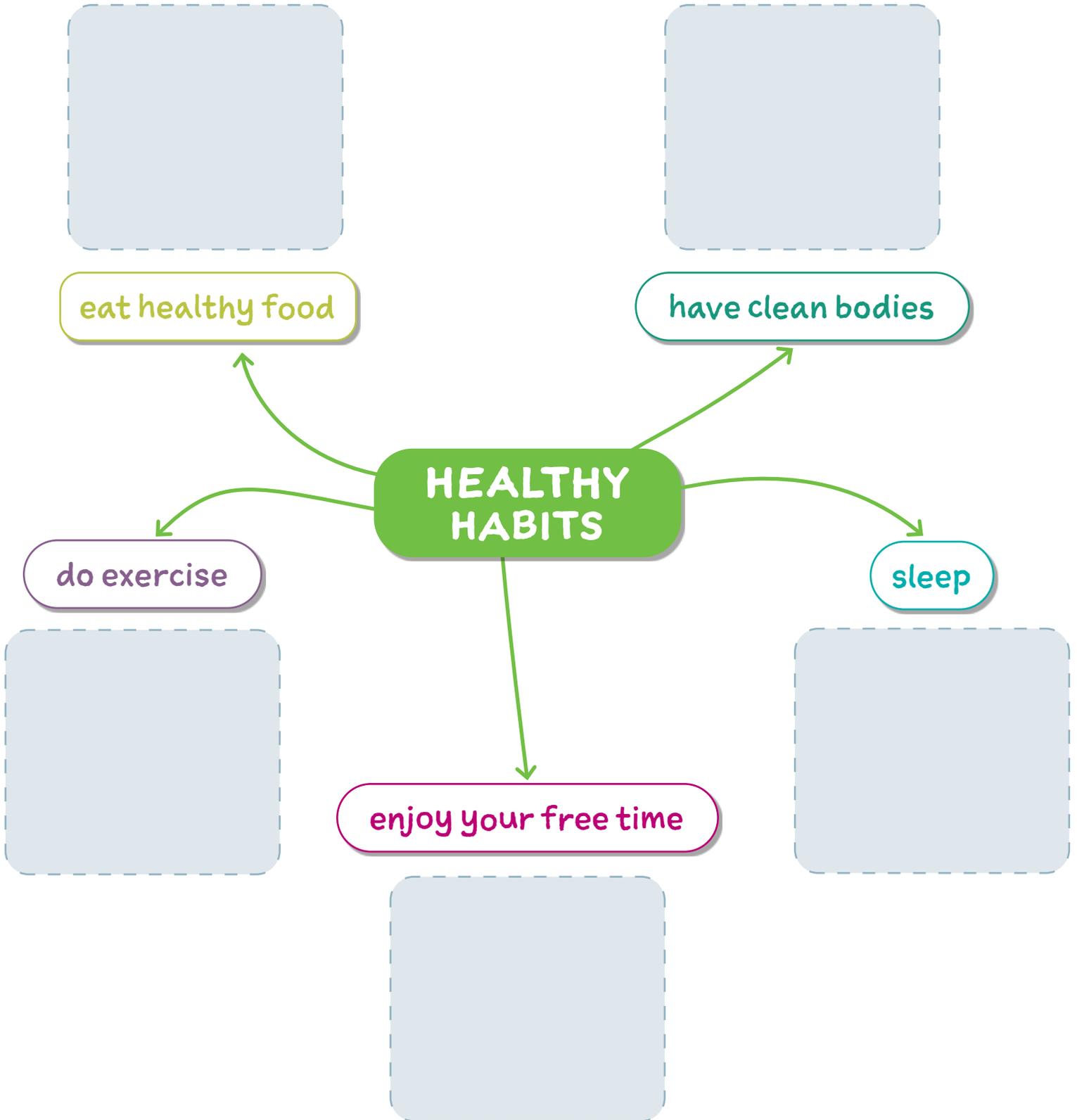


**EXCELLENT**



# MIND MAP

**1** COMPLETE the mind map. **STICK.**





# PICTURE DICTIONARY

## HEALTHY FOOD



## FEELINGS



angry



happy



sad



scared

# REVIEW



1 What foods are not healthy? **CROSS OUT X.**



apple



cake



broccoli



eggs



fish



milk



fizzy drinks



ice cream

2 Who has got a helmet on? **CIRCLE.**



3 How can we keep our body clean? **TICK ✓.**



**4 TRACE** the feelings.



happy



sad



angry



scared

**APPLY**

**5 READ** the menus and **TICK** ✓ the healthy one.



**SELF-ASSESSMENT**



- Read and colour.

I've got healthy habits.



**OK**



**GOOD**



**EXCELLENT**