



Healthy Habits

LESSON PLAN

SPECIFIC OBJECTIVES

The students will learn about

- ▶ healthy habits
- ▶ good habits

TEACHING AIDS

A chart paper containing pictures related to healthy habits, flashcards, projector, blackboard, chalk, duster, etc.

TEACHING STRATEGY

- ▶ The teacher will start with Warm Up. Tell that we should keep ourselves clean in order to stay healthy.
- ▶ The teacher, then, will explain the healthy habits one by one.
- ▶ The teacher should tell the students that getting up early in the morning is good for health. He/She can ask the students when they get up in the morning.
- ▶ The teacher should advise the students to go to toilet every day.
- ▶ The teacher, then, advises the students to brush their teeth twice every day. They should take a bath every day.
- ▶ The teacher should advise the students to take physical exercise daily.
- ▶ The teacher will tell the students to keep their nails clean and short. He/She should check the nails of the students. Tell the students that they should never cut their nails using their teeth.
- ▶ Tell the students to cover their mouth and nose with handkerchief while they cough and sneeze because coughing and sneezing without covering mouth and nose spreads diseases.
- ▶ Tell the students to wear clean clothes.
- ▶ He/She should advise the students to comb their hair regularly.
- ▶ Explain about good touch and bad touch in a sensitive manner.

BOOST UP

- ▶ The teacher may use a projector and flashcards to show pictures.
- ▶ The teacher should show the students how to brush the teeth.
- ▶ The teacher may show a slide show on good habits.

- ▶ The teacher, then, will ask the students to solve the exercises given in the lesson to evaluate their understanding.
- ▶ He/She should emphasise that good habits make us a good person.
- ▶ Demonstrate how to wash hands as shown in Life Skills.

EXPECTED LEARNING OUTCOMES

The students are able to learn

- ▶ some healthy habits that they should follow in order to be healthy.
- ▶ some good habits that they should follow in their daily life.

EVALUATIVE QUESTIONS

The teacher may ask the following questions to evaluate his/her students.

1. Write a few healthy habits.
2. When should one get up in the morning?
3. What physical exercises should one take every day?
4. How many glasses of water should one drink every day?
5. What kind of food should one not eat?