

# Healthy Habits

## LESSON PLAN

### SPECIFIC OBJECTIVES

The students will

- learn about healthy habits
- learn about 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. He/She will ask the students to fill in the blanks and thereby, give an introduction on healthy habits.
- 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.
- Finally, the teacher should advise the students to go to bed early at night.

## 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.
- The teacher will initiate a discussion on the topic given in the HOTS. He/She should emphasise that good habits make one a person good.
- The teacher should explain the meaning of the topic given in the Value Corner.

## 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?