



HEALTHY AND SUSTAINABLE LIFESTYLE

Ages 4 to 7 (Level 1)

Description:	Learners will be introduced to recommendations on how to maintain physical and mental health, and then will be asked to implement those and monitor along the way
Leading question:	Is my family leading a healthy and sustainable lifestyle?
Age group:	4-7
Subjects:	Math, Science (health)
Total time required:	~7 hours over 8 days
Self-guided / Supervised activity:	Half self guided over the first 3 days
Resources required:	Paper and pencil

Day	Time	Activity and Description																															
1	10 minutes	<p>Introduction: in this project, we will look at how we can keep a good health for our body and mind.</p> <p>Body health requires eating well, exercising, and sleeping well.</p> <p>To take care of our mind, we need to be optimistic, grateful, and talk to people we trust to calm down if we are afraid or worried about something.</p>																															
	15 minutes	<ul style="list-style-type: none">● Sleeping habits<ul style="list-style-type: none">- Hours of sleep (recommended 10 to 12 hours for this age, preferably going to bed before 8:00 pm) <p>How many hours have you slept last night? Is the duration within the recommended range?</p> <p>On a piece of paper, draw a weekly log as shown below and hang it on the wall in your bedroom to note down the data on it everyday.</p> <p>Note: a parent might help with the spelling and reading the time, but it is preferred that the learner fills all required data into the table.</p> <table><tr><th>Day</th><th>time I went to bed</th><th>time I woke up</th><th>Sleep duration</th></tr><tr><td>Monday</td><td></td><td></td><td></td></tr><tr><td>Tuesday</td><td></td><td></td><td></td></tr><tr><td>Wednesday</td><td></td><td></td><td></td></tr><tr><td>Thursday</td><td></td><td></td><td></td></tr><tr><td>Friday</td><td></td><td></td><td></td></tr><tr><td>Saturday</td><td></td><td></td><td></td></tr><tr><td>Sunday</td><td></td><td></td><td></td></tr></table>	Day	time I went to bed	time I woke up	Sleep duration	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday		
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	40 minutes	<p>*Once you have the data filled for 1 whole week, you will discuss the following questions:</p> <ul style="list-style-type: none"> - Are you having enough sleep every night (between 10 and 12 hours)? - Are you going to sleep before 8 pm every night? - What needs to be done to make sure you go to bed before 8 pm and have 10-12 hours every night? <p>To calculate the time you have slept, here is an example:</p> <p>You went to bed at  in the evening, and woke up at  in the morning.</p> <p>How many hours have you slept?</p> <p>First let us tell the time on both clocks, and then we can calculate the hours slept. So, you went to bed at 7:00 in the evening, and woke up at 5:30 the next morning.</p> <p>Let's count how many hours you have slept: Starting with 7 in your head, count as you do usually, except that once you reach 12 you must start with 1 again.</p> <p>So, we have 7 in the head, we start counting: 8, 9, 10, 11, 12, 1, 2, 3, 4, 5, and a half <div style="display: flex; justify-content: space-around; align-items: center;"> 1/2 </div> </p> <p>So you have slept 10 ½ hours (Ten and a half hours).</p> <p>Learners work on the Tell the time Worksheet, and then show their answers to parents.</p> <p>Criteria: Learners are able to tell the time correctly to the nearest 5 minutes.</p>
	30 minutes	<ul style="list-style-type: none"> ● Eating habits



Source: <https://www.gasolfoundation.org/en/downloadable-healthy-plate/>

Compare the type of food you ate yesterday to the proportions shown in the plate*:

- $\frac{1}{4}$ Grains (bread, rice, pasta, ...)
- $\frac{1}{4}$ Protein (beans, fish, eggs, meat)
- A little more than $\frac{1}{4}$ Vegetables
- A little less than a $\frac{1}{4}$ fruits
- Use healthy oils with the food



one quarter is one of 4 similar parts

*It is worth mentioning that traditional ways of eating are the ideal guide to good food and good health. The above is just a modern universal suggestion of a healthy diet. See examples of [Traditional Diets](https://oldwayspt.org/) adapted from <https://oldwayspt.org/>

To discuss with the family:


To what extent was your food intake as balanced as in the above diagram?




➤ Drinking water

- 5 glasses (1 liter) for 5 to 8 year olds
- 7 glasses (1.5 liters) for 9 to 12 year olds
- 8 to 10 glasses (2 liters) for 13+ years

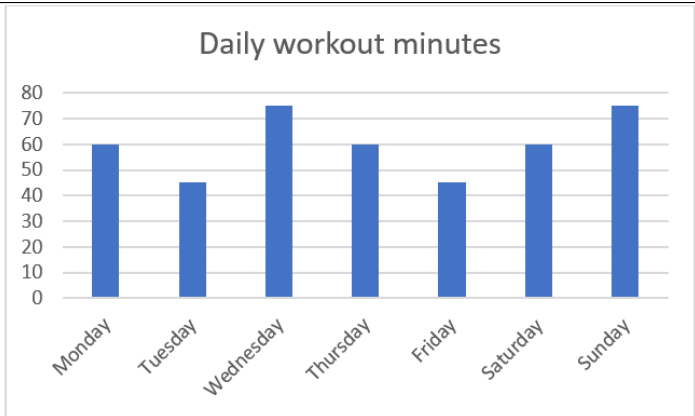

Do you usually drink as much as recommended daily?


Draw a table like the one below to monitor your daily eating habits.

		<p>In the first column, answer with a Yes or No.</p> <p>In the second column, draw a glass of water every time you drink one. </p> <table border="1"> <thead> <tr> <th>Day</th> <th>Was my food intake balanced as in the Healthy Plate diagram?</th> <th>Glasses of water I drank</th> </tr> </thead> <tbody> <tr> <td>Monday</td> <td></td> <td></td> </tr> <tr> <td>Tuesday</td> <td></td> <td></td> </tr> <tr> <td>Wednesday</td> <td></td> <td></td> </tr> <tr> <td>Thursday</td> <td></td> <td></td> </tr> <tr> <td>Friday</td> <td></td> <td></td> </tr> <tr> <td>Saturday</td> <td></td> <td></td> </tr> <tr> <td>Sunday</td> <td></td> <td></td> </tr> </tbody> </table> <p>*At the end of the week, learners will present the compiled results to the family and discuss the below questions:</p> <ul style="list-style-type: none"> ○ What was the total number of Yes, versus No answers? ○ Did you drink enough water every day? ○ What do you need to do to improve your eating and drinking water habits to make them more health nourishing? ○ Should you change the time of your meals, cooking patterns, or ingredients? 	Day	Was my food intake balanced as in the Healthy Plate diagram?	Glasses of water I drank	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
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2	15 minutes	<p>Let's start today with a mental health check:</p> <ul style="list-style-type: none"> ● Recall at least 3 things that you are grateful for. Express each in one or more words. You may also draw a representation of it. <p>Being Grateful means being highly appreciative and showing kindness.</p> <p>➤ Physical Workout</p> <p>From the World Health Organization (WHO):</p> <ol style="list-style-type: none"> 1. Children and youth aged 5–17 should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. 2. Amounts of physical activity greater than 60 minutes provide additional health benefits. 																								

	20 minutes	<p>3. Most of the daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone, at least 3 times per week.</p> <p>Source: WHO-Global Recommendations on Physical Activity for Health</p> <p>As mentioned above, you are required to do physical activity daily, and to show your daily exercise time on a bar graph like the one below:</p> <p>Aerobic activity examples that can be done indoors:</p> <div data-bbox="410 661 670 1031"> <p>High Knees</p>  </div> <div data-bbox="719 646 1347 1031"> <p>Mountain Climbers</p>  </div> <div data-bbox="410 1031 1117 1276"> <p>Isometric Bear Crawl</p>  </div> <div data-bbox="410 1318 743 1770"> <p>Squat Jumps</p>  </div>
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		<p>Full Burpee OR Half Burpee</p> <p>Full Burpee</p> <p>Squat Kick feet back Push-up Return to squat Stand and end with jump</p> <p>1 2 3 4 5</p> <p>Half Burpee</p> <p>Plank Knee to Elbow</p> <p>Jumping Jacks</p>
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15 minutes	<p>You are required to workout daily at home, or outside keeping a far distance from others, and to note down the time of your daily workout minutes in a table like the one below, in order for it to be shown on a graph like the one below:</p> <table border="1"><thead><tr><th>Day</th><th>Workout minutes</th></tr></thead><tbody><tr><td>Monday</td><td>60</td></tr><tr><td>Tuesday</td><td>45</td></tr><tr><td>Wednesday</td><td>75</td></tr><tr><td>Thursday</td><td>60</td></tr><tr><td>Friday</td><td>45</td></tr><tr><td>Saturday</td><td>60</td></tr><tr><td>Sunday</td><td>75</td></tr></tbody></table>	Day	Workout minutes	Monday	60	Tuesday	45	Wednesday	75	Thursday	60	Friday	45	Saturday	60	Sunday	75
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30 minutes	<div><p>Daily workout minutes</p></div> <p>Observe 3 family members and note down how many times they touch their face in 15 minutes. You must tell them and get their consent that you will be observing them for an experiment that is beneficial for them. Then wait for some time before you start the 15-minute observation time to ensure that they do it naturally as usual.</p> <ul style="list-style-type: none">- Observe one family member at a time. Note down the times they touch their face using a tally chart and write it in the below table. <p>When collecting the information, for every touch of the face, a line would be drawn in the correct box. When you get to five lines, the fifth line needs to be crossed through the first four. (This makes counting the lines at the end easier!). See below how after reaching 4 counts, the fifth is concluded with a crossed line. See the examples below for a 4 followed by a 5.</p> <div></div>																

		<table border="1"> <thead> <tr> <th>Family member</th><th>No. of times they touch their face in 15 minutes</th><th>Estimate for 1 hour</th></tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table> <p>In the above table, you must multiply by 4 the Number you counted in 15 minutes, and the answer will be the estimate for 1 hour. If the learner is not comfortable multiplying, they can add the number 4 times because 1 hour contains 4 15-minute-time-slots:</p>  <p>Show the results to family members. Ask them if they expected this? Now knowing the estimate of how much they touch their face in an hour, what will they do the next time they go out? They must be careful not to touch their face when their hands are not washed in order to eliminate the chances of catching the Covid19 infection.</p> <p>➤ Remember to:</p> <ul style="list-style-type: none"> ○ Record data on the daily eating habits table ○ Fill in the Sleeping log ○ Conduct your daily workout and note down the time in the table <p>Did you record the data from yesterday? Have you faced any difficulties doing that?</p>	Family member	No. of times they touch their face in 15 minutes	Estimate for 1 hour									
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	All day long													
3	15 minutes	<p>Mental health check</p> <ul style="list-style-type: none"> ● We must always check on and review our purpose and goal in life: <ul style="list-style-type: none"> - What do you want to be when you grow up? - How will that help other people, or our planet? 												

	5 minutes	<p>➤ Reminder to:</p> <ul style="list-style-type: none">○ record data on the daily eating habits table○ Fill in the Sleeping log <p>Conduct your daily workout and note down the time in the table</p>																																
4	20 minutes	<p>Mental health check</p> <ul style="list-style-type: none">● Do you sometimes have strong feelings that you like to tell someone about? Feelings like fears, worries, sadness, pride...?● To whom do you usually express your feelings?● Is there anything you want to talk about today?																																
	60-70 minutes	<p>Learners do a 1-hour workout at home</p> <p>Learners monitor daily eating habits and record scores in the respective table</p> <p>Learners write their sleeping hours in the sleeping log</p>																																
5-7	60-70 minutes	<p>Learners do a 1-hour workout at home</p> <p>Learners monitor daily eating habits and record scores in the respective table</p> <p>Learners write their sleeping hours in the sleeping log</p>																																
8	15 minutes	<p>Present to the family the sleeping log, and the average sleeping hours that was calculated.</p> <table><tr><th>Day</th><th>time I went to bed</th><th>time I woke up</th><th>Sleep duration</th></tr><tr><td>Monday</td><td></td><td></td><td></td></tr><tr><td>Tuesday</td><td></td><td></td><td></td></tr><tr><td>Wednesday</td><td></td><td></td><td></td></tr><tr><td>Thursday</td><td></td><td></td><td></td></tr><tr><td>Friday</td><td></td><td></td><td></td></tr><tr><td>Saturday</td><td></td><td></td><td></td></tr><tr><td>Sunday</td><td></td><td></td><td></td></tr></table> <p>- Are you having enough sleep every night (between 10 and 12 hours)?</p> <p>- Are you going to sleep before 8 pm every night?</p> <p>- What needs to be done to make sure you go to bed before 8 pm and have 10-12 hours every night?</p>	Day	time I went to bed	time I woke up	Sleep duration	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
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	15 minutes	<p>Present to the family your Eating habits table, followed by a discussion.</p> <table><tr><th>Day</th><th>Was my food intake balanced as in the ideal plate diagram?</th><th>Did I drink enough water?</th></tr><tr><td>Monday</td><td></td><td></td></tr><tr><td>Tuesday</td><td></td><td></td></tr><tr><td>Wednesday</td><td></td><td></td></tr><tr><td>Thursday</td><td></td><td></td></tr></table>	Day	Was my food intake balanced as in the ideal plate diagram?	Did I drink enough water?	Monday			Tuesday			Wednesday			Thursday																			
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		<ul style="list-style-type: none"> ○ What was the total number of Yes, versus No answers? ○ Did you drink enough water every day? ○ What do you need to do to improve your eating and drinking water habits to make them more health nourishing? ○ Should you change the time of your meals, cooking patterns, or ingredients? 		
	15 minutes	<p>Present your daily workout table, along with the graph showing the daily workout duration.</p> <p>Calculate the average of your daily workout. Is the average close to 60 minutes? What can be done for you to complete 60 or more minutes of daily workout?</p>		
	15 minutes	<p>Reflection</p> <ul style="list-style-type: none"> ○ What did you appreciate the most about this project? ○ Do you think you can lead a lifestyle that helps you maintain mental and physical health? ○ How can you help or teach someone else to maintain a healthy lifestyle? 		
Assessment Criteria:		<ul style="list-style-type: none"> - Tables and graphs are duly filled - The graphs are accurate and calculations are correct. - Learners show motivation and grit while working on activities - Learners show ownership and enthusiasm when presenting their results at the end 		

Learning outcomes:	<ul style="list-style-type: none"> - Data collection and representation in tables and graphs - Understanding and calculating the average - Learning about recommendations to maintain physical and mental health, and practicing those
Required previous learning:	Addition and simple division.
Inspiration:	<ul style="list-style-type: none"> ○ 20 Essential life lessons we learned from Mister Rogers ○ The iEARN project: Staying Healthy ○ https://oldwayspt.org/
Additional enrichment activities:	<ul style="list-style-type: none"> - Create a journal of daily practices to be shared with friends. - Lead daily workout sessions for the family - Write down a suggested meal schedule for a week following the Healthy Plate model rations.
Modifications to simplify	The project can be reduced to the Healthy Eating plate, sleeping log and daily workout graph.

TELL THE TIME WORKSHEET

What is the time? Under each of the clocks, write the time in the same format shown below



Example:

9:10



2. You went to bed at  in the evening, and woke up at  in the morning.

How many hours have you slept?

TRADITIONAL DIETS

rediscover  goodness
OLDWAYS
CULTURAL FOOD TRADITIONS

African Heritage Diet Pyramid

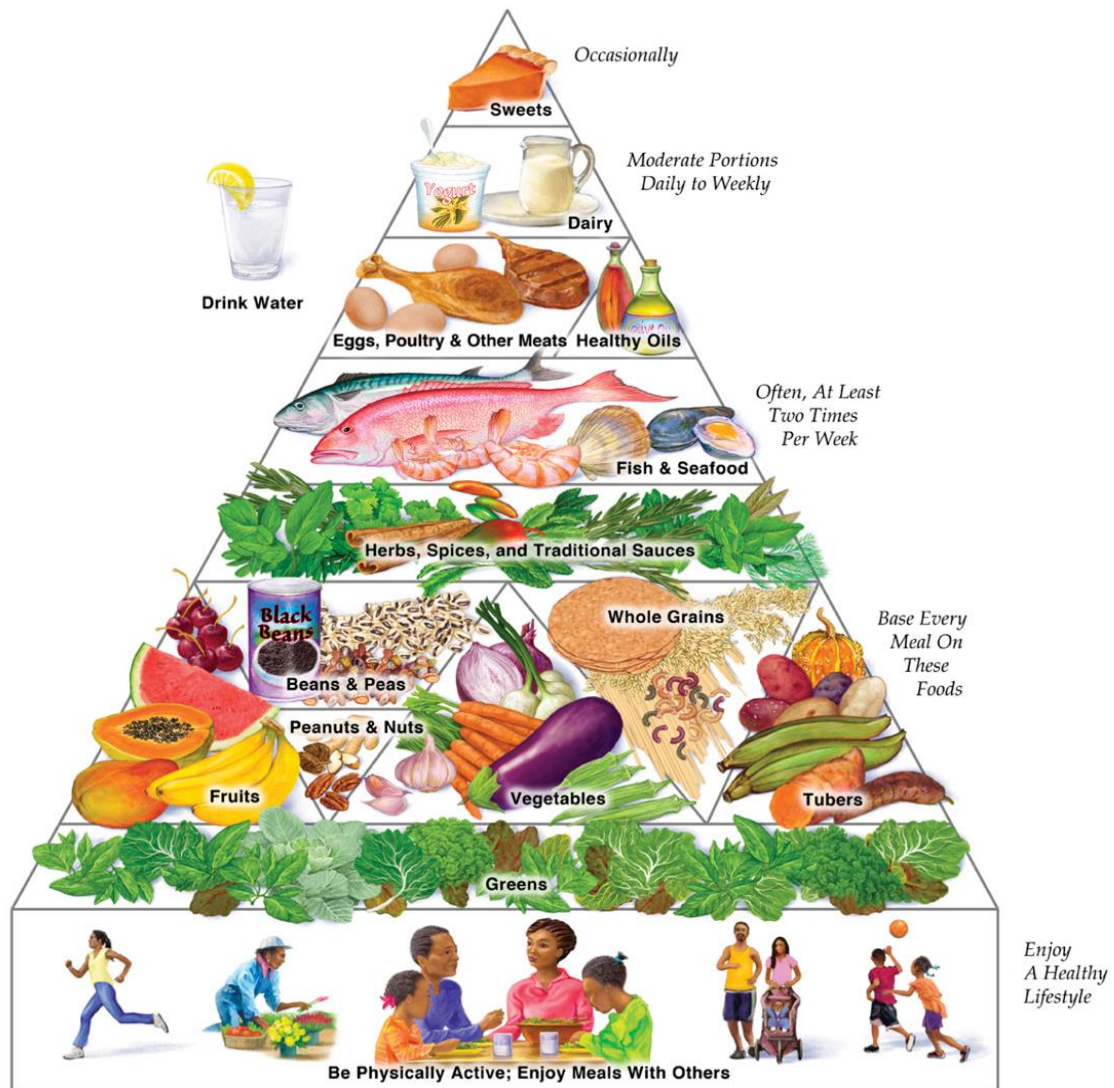


Illustration by George Middleton

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ASIAN HERITAGE DIET PYRAMID

rediscover  goodness
OLDWAYS
CULTURAL FOOD TRADITIONS

Mediterranean Diet Pyramid

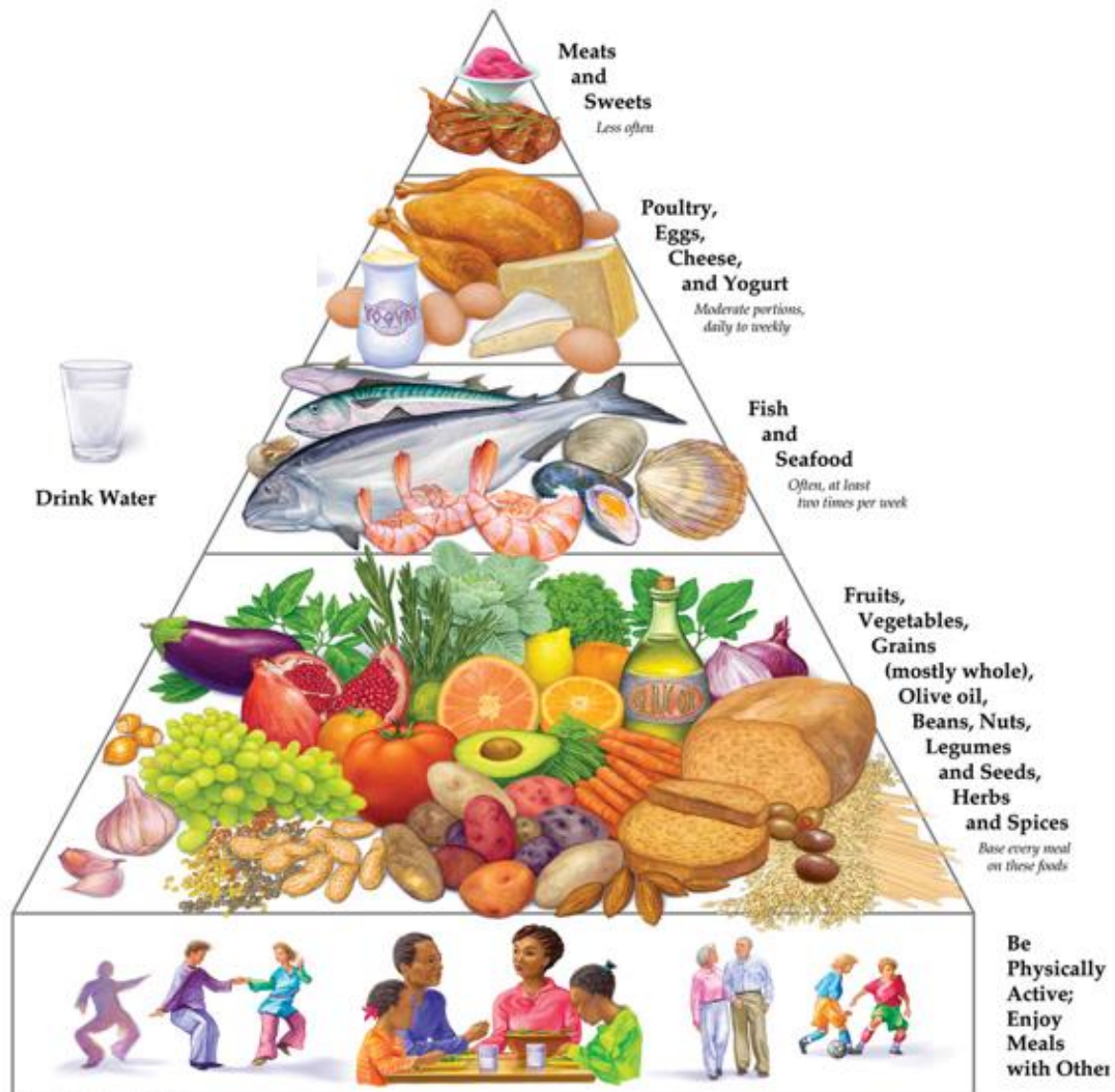


Illustration by George Middleton


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Ages 8 to 10 (Level 2)

Description:	Learners will be introduced to recommendations on how to maintain physical and mental health, and then will be asked to implement those and monitor along the way
Leading question:	Is my family leading a healthy and sustainable lifestyle?
Age group:	8-10
Subjects:	Math, Science (health)
Total time required:	~7 hours over 8 days
Self-guided / Supervised activity:	Half self guided over the first 3 days
Resources required:	Paper and pencil

Day	Time	Activity and Description																							
1	10 minutes	<p>Introduction: in this project, we will look at the various aspects of a health nourishing lifestyle, which helps to maintain physical health and mental health. Physical health is maintained through a balance of: eating, working out, and sleeping.</p> <p>Mental and psychological health can be maintained by having self-esteem, optimism, gratefulness, expressing feelings to people we trust, and having a life purpose and goals.</p>																							
	15 minutes	<ul style="list-style-type: none">● Sleeping habits<ul style="list-style-type: none">- Hours of sleep (recommended 9 to 11 hours for this age) <p>How many hours have you slept last night? Is the duration within the recommended range?</p> <p>On a piece of paper, draw a weekly log as shown below and hang it on the wall in your bedroom to note down the data on it everyday:</p> <table><tr><th>Day</th><th>time I went to bed</th><th>time I woke up</th><th>Sleep duration</th></tr><tr><td>Monday</td><td></td><td></td><td></td></tr><tr><td>Tuesday</td><td></td><td></td><td></td></tr><tr><td>Wednesday</td><td></td><td></td><td></td></tr><tr><td>Thursday</td><td></td><td></td><td></td></tr><tr><td>Friday</td><td></td><td></td><td></td></tr></table>	Day	time I went to bed	time I woke up	Sleep duration	Monday				Tuesday				Wednesday				Thursday				Friday		
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		Saturday			
		Sunday			
30 minutes	<p>*Once you have the data filled for 1 whole week, calculate the average sleep duration:</p> $\text{Average} = \frac{\text{Sum of sleep duration for 7 days}}{7}$ <p>Average is a ratio that summarizes a multiple of answers in one somehow general answer.</p> <ul style="list-style-type: none"> Eating habits 				
		<p>Source: https://www.gasolfoundation.org/en/downloadable-healthy-plate/</p> <p>Compare the type of food you ate yesterday to the proportions shown in the plate*:</p> <ul style="list-style-type: none"> $\frac{1}{4}$ Grains (bread, rice, pasta, ...) $\frac{1}{4}$ Protein (beans, fish, eggs, meat) $> \frac{1}{4}$ Vegetables $< \frac{1}{4}$ fruits Use healthy oils with the food 			

*It is worth mentioning that traditional ways of eating are the ideal guide to good food and good health. The above is just a modern universal suggestion of a healthy diet. See examples of [Traditional Diets](https://oldwayspt.org/) adapted from <https://oldwayspt.org/>

To discuss with the family:

To what extent was your food intake as balanced as in the above diagram?

➤ Drinking water

- 5 glasses (1 liter) for 5 to 8 year olds
- 7 glasses (1.5 liters) for 9 to 12 year olds
- 8 to 10 glasses (2 liters) for 13+ years





Do you usually drink as much as recommended daily?

Draw a table like the one below to monitor your daily eating habits, and fill each row on a daily basis with a Yes or No.

Day	Was my food intake balanced as in the Healthy Plate diagram?	Did I drink enough water?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

*At the end of the week, learners will present the compiled results to the family and discuss the below questions:

- What was the total number of Yes answers?
- What was the total number of No answers?

	20 minutes	<ul style="list-style-type: none"> ○ How can we improve our eating and drinking water habits to make them more health nourishing? ○ Should we change the time of our meals, cooking patterns, or ingredients? <p>➤ Physical Workout</p> <p>From the World Health Organization (WHO):</p> <ol style="list-style-type: none"> 1. Children and youth aged 5–17 should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. 2. Amounts of physical activity greater than 60 minutes provide additional health benefits. 3. Most of the daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone, at least 3 times per week. <p>Source: WHO-Global Recommendations on Physical Activity for Health</p> <p>As mentioned above, you are required to do physical activity daily, and to show your daily exercise time on a bar graph like the one below:</p> <p>Aerobic activity examples that can be done indoors:</p> <div data-bbox="410 1024 670 1392"> <p>High Knees</p>  <p>high knees</p> </div> <div data-bbox="719 1010 1349 1392"> <p>Mountain Climbers</p>   </div> <div data-bbox="410 1434 1117 1675"> <p>Isometric Bear Crawl</p>  </div>
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Squat Jumps



Full Burpee OR Half Burpee

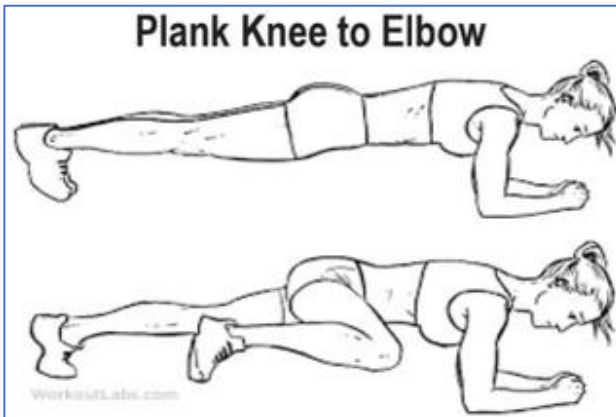
Full Burpee



Half Burpee

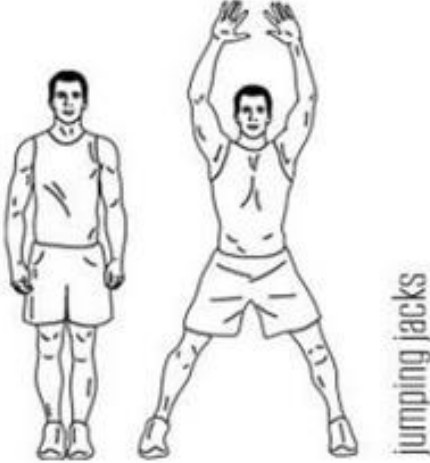


Plank Knee to Elbow



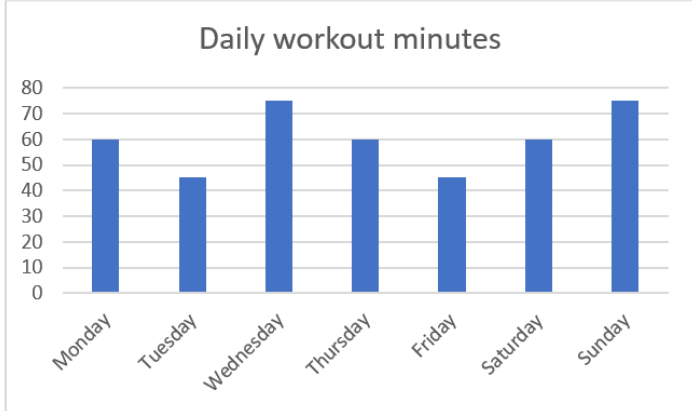

15
minutes

Jumping Jacks



You are required to workout daily at home, or outside keeping a far distance from others, and to note down the time of your daily workout minutes in a table like the one below, in order for it to be shown on a graph like the one below:

Day	Workout minutes
Monday	60
Tuesday	45
Wednesday	75
Thursday	60
Friday	45
Saturday	60
Sunday	75

		<div><p>Daily workout minutes</p></div>									
2	<div><div>15 minutes</div><div>45 minutes</div></div>	<div><p>Let's start today with a mental health check:</p><ul style="list-style-type: none">Recall at least 3 things that you are grateful for. Express each in one or more words. You may also draw a representation of it.<p>Being Grateful means being highly appreciative and showing kindness.</p><p>Observe 3 family members and note down how many times they touch their face in 15 minutes. You must tell them and get their consent that you will be observing them for an experiment that is beneficial for them. Then wait for some time before you start the 15 minute observation time to ensure that they do it naturally as usual.</p><ul style="list-style-type: none">Observe one family member at a time. Note down the times they touch their face using a tally chart, and write it in the below table.<p>When collecting the information, for every touch of the face, a line would be drawn in the correct box. When you get to five lines, the fifth line needs to be crossed through the first four. (This makes counting the lines at the end easier!). See below how after reaching 4 counts, the fifth is concluded with a crossed line. See the examples below for a 4 followed by a 5.</p><div></div><table><tr><th>Family member</th><th>No. of times they touch their face in 15 minutes</th><th>Estimate for 1 hour</th></tr><tr><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td></tr></table></div>	Family member	No. of times they touch their face in 15 minutes	Estimate for 1 hour						
Family member	No. of times they touch their face in 15 minutes	Estimate for 1 hour									

	15 minutes				In the above table, you must multiply by 4 the Number you counted in 15 minutes, and the answer will be the estimate for 1 hour.
	All day long				<p>Show the results to family members. Ask them if they expected this? Now knowing the estimate of how much they touch their face in an hour, what will they do the next time they go out? They must be careful not to touch their face when their hands are not washed in order to eliminate the chances of catching the Covid19 infection.</p> <ul style="list-style-type: none"> ➤ Remember to record data on: <ul style="list-style-type: none"> ○ Record data on the daily eating habits table ○ Fill in the Sleeping log ○ Conduct your daily workout and note down the time in the table <p>Did you record the data from yesterday? Have you faced any difficulty doing that?</p>
3	15 minutes				<p>Mental health check</p> <ul style="list-style-type: none"> ● We must always check on and review our purpose and goal in life: <ul style="list-style-type: none"> - What do you want to be when you grow up? - How will that help other people, or our planet?
	5 minutes				<ul style="list-style-type: none"> ➤ Reminder to: <ul style="list-style-type: none"> ○ record data on the daily eating habits table ○ Fill in the Sleeping log <p>Conduct your daily workout and note down the time in the table</p>
4	20 mins				<p>Mental health check</p> <ul style="list-style-type: none"> ● Do you sometimes have strong feelings that you like to tell someone about? Feelings like fears, worries, sadness, pride...? ● To whom do you usually express your feelings? ● Are there any feelings or worries that you want to talk about today? <p>Learners do a 1 hour workout at home Learners monitor daily eating habits and record scores in the respective table Learners write their sleeping hours in the sleeping log</p>
5-7					<p>Learners do a 1 hour workout at home Learners monitor daily eating habits and record scores in the respective table Learners write their sleeping hours in the sleeping log</p>

8	15 minutes	<p>Present to the family your sleeping log, and the average sleeping hours that you calculated.</p> <table border="1"> <thead> <tr> <th>Day</th> <th>time I went to bed</th> <th>time I woke up</th> <th>Sleep duration</th> </tr> </thead> <tbody> <tr><td>Monday</td><td></td><td></td><td></td></tr> <tr><td>Tuesday</td><td></td><td></td><td></td></tr> <tr><td>Wednesday</td><td></td><td></td><td></td></tr> <tr><td>Thursday</td><td></td><td></td><td></td></tr> <tr><td>Friday</td><td></td><td></td><td></td></tr> <tr><td>Saturday</td><td></td><td></td><td></td></tr> <tr><td>Sunday</td><td></td><td></td><td></td></tr> </tbody> </table> <p>Average=?</p> <p>Is the average duration within the recommended range? If not, what can be done to get your sleep within the recommended range?</p>				Day	time I went to bed	time I woke up	Sleep duration	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
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	15 minutes	<p>Reflection</p> <ul style="list-style-type: none"> What did you appreciate the most about this project? Do you think you can lead a lifestyle that helps you maintain mental and physical health? <p>How can you help or teach someone else to maintain a healthy lifestyle?</p>
Assessment Criteria:		<ul style="list-style-type: none"> Tables and graphs are duly filled The graphs are accurate, and calculations are correct. Learners show motivation and grit while working on activities Learners show ownership and enthusiasm when presenting their results at the end

Learning outcomes:	<ul style="list-style-type: none"> Data collection and representation in tables and graphs Understanding and calculating the average Learning about recommendations to maintain physical and mental health, and practicing those
Required previous learning:	Addition and simple division.
Inspiration:	<ul style="list-style-type: none"> 20 Essential life lessons we learned from Mister Rogers The iEARN project: Staying Healthy https://oldwayspt.org/
Additional enrichment activities:	<ul style="list-style-type: none"> Create a journal of daily practices to be shared with friends. Lead daily workout sessions for the family Write down a suggested meal schedule for a week following the Healthy Plate model rations.
Modifications to simplify	The project can be reduced to the Healthy Eating plate, sleeping log and daily workout graph.

TRADITIONAL DIETS

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African Heritage Diet Pyramid



Illustration by George Middleton

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ASIAN HERITAGE DIET PYRAMID

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Mediterranean Diet Pyramid

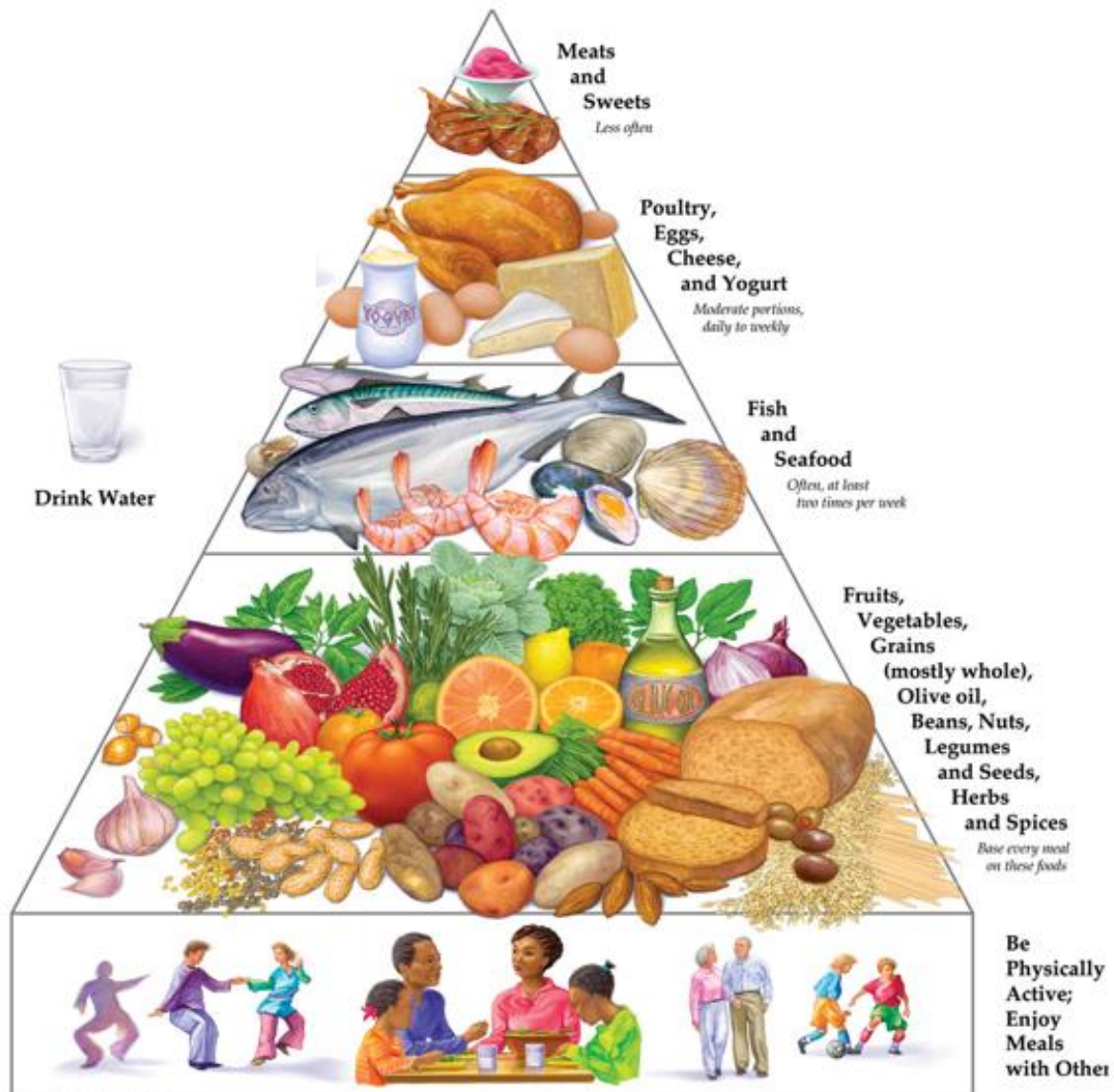


Illustration by George Middleton

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Ages 11 to 14 (Level 3)

Description:	Learners will be introduced to recommendations on how to maintain physical and mental health, and then will be asked to implement these and monitor and present results using data handling skills.
Leading question:	Is my family leading a healthy and sustainable lifestyle?
Age group:	11-14
Subjects:	Math, Science (health)
Total time required:	~7 hours over 8 days
Self-guided / Supervised activity:	Low supervision required
Resources required:	Paper and pencil

Day	Time	Activity and Description
1	10 minutes	<p>Introduction: in this project, we will look at the various aspects of a health nourishing lifestyle, which helps to maintain physical health and mental health. Physical health is maintained through a balance of: eating, working out, and sleeping.</p> <p>Mental and psychological health can be maintained by having self-esteem, optimism, gratefulness, expressing feelings to people we trust, and having a life purpose and goals.</p> <p>Suggested mental health activities:</p> <ul style="list-style-type: none"> Express feelings, to those you trust, without hurting others. Try to be optimistic during hard times by focusing on the big picture and on positive aspects, as lessons learned. Regularly recall what you are grateful for. Always check on and review your purpose and goal in life: <ul style="list-style-type: none"> What do I want to do when I grow up? How will that help other people, or our planet?
	15 minutes	<ul style="list-style-type: none"> Sleeping habits <ul style="list-style-type: none"> Hours of sleep (recommended 9 to 11 hours for this age) <p>How many hours have you slept last night? Is the duration within the recommended range?</p> <p>On a piece of paper, draw a weekly log as shown below and hang it on the wall in your bedroom to note down the data on it every day:</p>

Day	time I went to bed	time I woke up	Sleep duration
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

*Once you have the data filled for 1 whole week, calculate the Mean (average) and Median of your daily sleep duration:

Mean = $\frac{\text{Sum of sleep duration for 7 days}}{7}$

Median: is the middle value after organizing the values in an ascending order.

20 minutes

- Eating habits

Source: <https://www.gasolfoundation.org/en/downloadable-healthy-plate/>

Compare the type of food you ate yesterday to the proportions shown in the plate*:

- $\frac{1}{4}$ Grains (bread, rice, pasta, ...)
- $\frac{1}{4}$ Protein (beans, fish, eggs, meat)
- $> \frac{1}{4}$ Vegetables
- $< \frac{1}{4}$ fruits
- Use healthy oils with the food

*It is worth mentioning that traditional ways of eating are the ideal guide to good food and good health. The above is just a modern universal suggestion of a healthy diet. See examples of [Traditional Diets](https://oldwayspt.org/) adapted from <https://oldwayspt.org/>

➤ Drinking water

- 8 glasses (1.5 liters) for 9 to 12 year olds
- 10 glasses (2 liters) for 13+ years (assuming 200 ml /glass)

Do you usually drink as much as recommended daily?


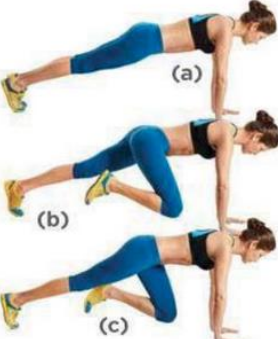


Draw a table like the one below to monitor your daily eating habits and use tally marks to count the glasses of water you drink every day.

Day	Was my food intake balanced as in the Healthy Plate diagram?	Number of glasses of water per day
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Then calculate the mean, median, range and mode of the number of water glasses you drink per day.

The range = Highest – Lowest

Mode: is the most frequent number.

	20 minutes	<p>At the end of the week, learners will present the compiled results to the family and discuss the below questions:</p> <ul style="list-style-type: none"> ○ What was the total number of Yes versus No answers for the eating habits? ○ What were the mean, median, range and mode of glasses of water you drank everyday? ○ How can we improve our eating and drinking water habits to make them more health nourishing? ○ Should we change the time of our meals, cooking patterns, or ingredients? <p>➤ Physical Workout</p> <p>From the World Health Organization (WHO):</p> <ol style="list-style-type: none"> 1. Children and youth aged 5–17 should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. 2. Amounts of physical activity greater than 60 minutes provide additional health benefits. 3. Most of the daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone, at least 3 times per week. <p>Source: WHO-Global Recommendations on Physical Activity for Health</p> <p>As mentioned above, you are required to do physical activity daily, and to show your daily exercise time on a bar graph like the one below:</p> <p>Aerobic activity examples that can be done indoors:</p> <div data-bbox="410 1199 670 1570"> <p>High Knees</p>  <p>high knees</p> </div> <div data-bbox="719 1186 1349 1570"> <p>Mountain Climbers</p>   </div> <div data-bbox="410 1612 1060 1814"> <p>Isometric Bear Crawl</p>  </div>
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Squat Jumps



Full Burpee OR Half Burpee

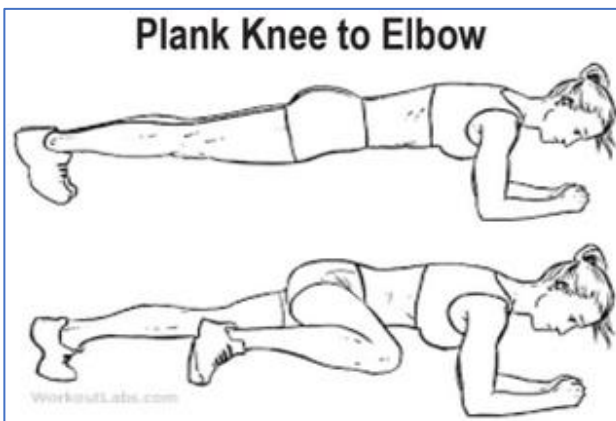
Full Burpee



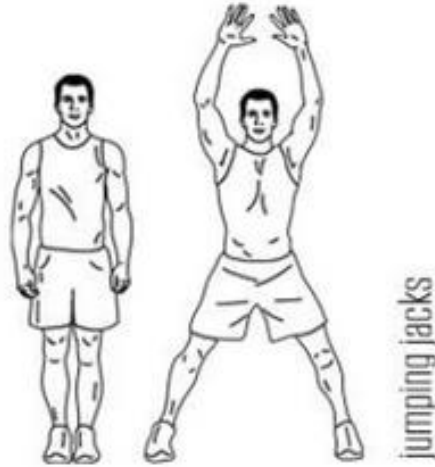
Half Burpee



Plank Knee to Elbow



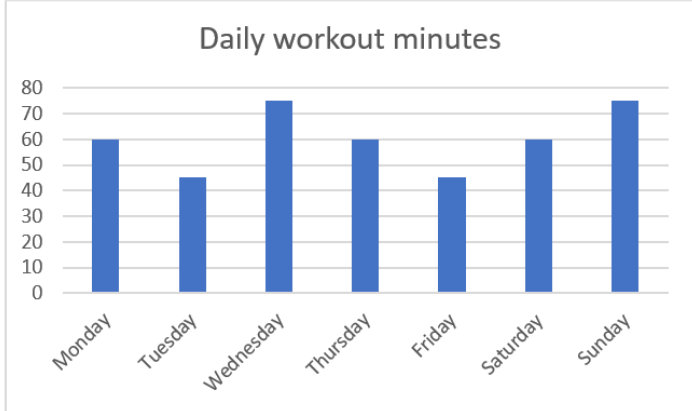

Jumping Jacks



You are required to workout daily at home, or outside keeping a far distance from others, and to note down the time of your daily workout minutes in a table like the one below, in order for it to be shown on a graph like the one below:

Day	Workout minutes
Monday	60
Tuesday	45
Wednesday	75
Thursday	60
Friday	45
Saturday	60
Sunday	75

15
minutes

		<div><p>Daily workout minutes</p></div>												
2	<div><div>15 minutes</div><div>45 minutes</div></div>	<div><p>Let's start today with a mental health check:</p><ul style="list-style-type: none">Recall at least 3 things that you are grateful for. Express each in one or more words. You may also draw a representation of it.<p>Being Grateful means being highly appreciative and showing kindness.</p><p>Observe 3 family members and note down how many times they touch their face in 15 minutes. You must tell them and get their consent that you will be observing them for an experiment that is beneficial for them. Then wait for some time before you start the 15 minute observation time to ensure that they do it naturally as usual.</p><ul style="list-style-type: none">Observe one family member at a time. Note down the times they touch their face using a tally chart and write it in the below table.<p>When collecting the information, for every touch of the face, a line would be drawn in the correct box. When you get to five lines, the fifth line needs to be crossed through the first four. (This makes counting the lines at the end easier!). See below how after reaching 4 counts, the fifth is concluded with a crossed line. See the examples below for a 4 followed by a 5.</p><div></div><table><tr><th>Family member</th><th>No. of times they touch their face in 15 minutes</th><th>Estimate for 1 hour</th></tr><tr><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td></tr></table></div>	Family member	No. of times they touch their face in 15 minutes	Estimate for 1 hour									
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	15 minutes	In the above table, you must multiply by 4 the Number you counted in 15 minutes, and the answer will be the estimate for 1 hour.
	10 minutes	<p>Show the results to family members. Ask them if they expected this? Now knowing the estimate of how much they touch their face in an hour, what will they do the next time they go out? They must be careful not to touch their face when their hands are not washed in order to eliminate the chances of catching the Covid19 infection.</p> <p>➤ Remember to record data on:</p> <ul style="list-style-type: none"> ○ Record data on the daily eating habits table ○ Fill in the Sleeping log ○ Conduct your daily workout and note down the time in the table <p>Did you record the data from yesterday? Have you faced any difficulty doing that?</p>
3	15 minutes	<p>Mental health check</p> <ul style="list-style-type: none"> ● We must always check on and review our purpose and goal in life: <ul style="list-style-type: none"> - What do you want to be when you grow up? - How will that help other people, or our planet?
	30 minutes	<p>Solve the Data handling Worksheet without using a calculator, then share your work and answers with your parent.</p> <p>Criteria: logically following the formulas, and reaching correct answers.</p>
	10 minutes	<p>Present your work and answers to parents.</p> <p>Answer Key</p> <p>1.c 8.86 or $8\frac{6}{7}$ °C</p> <p>2.a 1 b 4</p> <p>3. 13.7 seconds</p> <p>4. a 50.89 or $50\frac{8}{9}$ matches b. 49 c. 5</p> <p>d. 52</p>
	All day long	<p>➤ Reminder to:</p> <ul style="list-style-type: none"> ○ record data on the daily eating habits table

		<div>○ Fill in the Sleeping log</div> <div>Conduct your daily workout and note down the time in the table</div>																																
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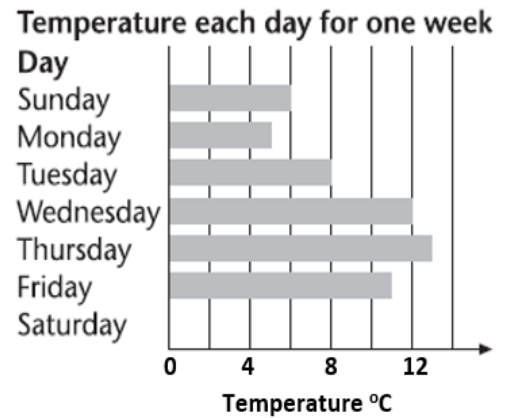
		Monday		
		Tuesday		
		Wednesday		
		Thursday		
		Friday		
		Saturday		
		Sunday		
15 minutes		Present & discuss the below with your family: <ul style="list-style-type: none">○ What was the total number of Yes versus No answers for the eating habits?○ What were the mean, median, range and mode of glasses of water you drank everyday?○ How can we improve our eating and drinking water habits to make them more health nourishing?○ Should we change the time of our meals, cooking patterns, or ingredients?		
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15 minutes		Reflection <ul style="list-style-type: none">○ What did you appreciate the most about this project?○ Do you think you can lead a lifestyle that helps you maintain mental and physical health?		
		How can you help or teach someone else to maintain a healthy lifestyle?		
Assessment Criteria:		<ul style="list-style-type: none">- Tables and graphs are duly filled- The graphs are accurate and calculations are correct.- Learners show motivation and grit while working on activities- Learners show ownership and enthusiasm when presenting their results at the end		
Learning outcomes:		<ul style="list-style-type: none">- Data collection and representation in tables and graphs- Understanding and correctly finding out the Median, Mean, Range and Mode of a data sets- Learning about recommendations to maintain physical and mental health, and practicing those		

Required previous learning:	Arithmetic operations with decimals or fractions.
Inspiration:	<ul style="list-style-type: none"> ○ 20 Essential life lessons we learned from Mister Rogers ○ The iEARN project: Staying Healthy ○ Qatar's Mathematics Curriculum Standards ○ https://oldwayspt.org/
Additional enrichment activities:	<ul style="list-style-type: none"> - Create a journal of daily practices to be shared with friends. - Lead daily workout sessions for the family - Write down a suggested meal schedule for a week following the Healthy Plate model rations.
Modifications to simplify	The project can be reduced to the Healthy Eating plate, sleeping log and daily workout graph.

DATA HANDLING WORKSHEET

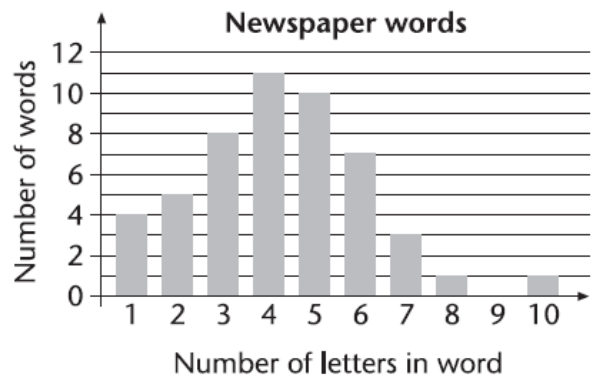
1. Here is a chart of the maximum temperature each day for a week in a Mediterranean city in January.

- The temperature on Saturday was 7°C. Draw in the bar for Saturday.
- Make a table showing the same information as on the bar chart.
- Calculate the Mean temperature for the week.



2. An article from the Gulf Times has 50 words in it.
Here is a bar chart of the number of letters in each word.

- What is the range of the number of letters in the words used?
- What is the mode (most common number) of letters used in a word?



3. Bashir runs 100 metres ten times.
These are his times in seconds.

13.4	13.0	13.9	13.7	13.3
13.5	14.0	14.4	13.8	14.0

What is his mean time?

4. Alia counts the matches in nine matchboxes.

Here are her results for the nine boxes:

Number of matches in a box						
48	49	50	51	52	53	54
	✓	✓	✓	✓		✓
	✓	✓				✓
	✓					

- What is the median number of matches in a box?
- What is the mode for the number of matches in a box?
- What is the range of the number of matches in a box?

d. Alia counts the matches in one more box.

She works out that the mean number of matches in all ten boxes is 51.

Calculate how many matches are in the tenth box.

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Mediterranean Diet Pyramid

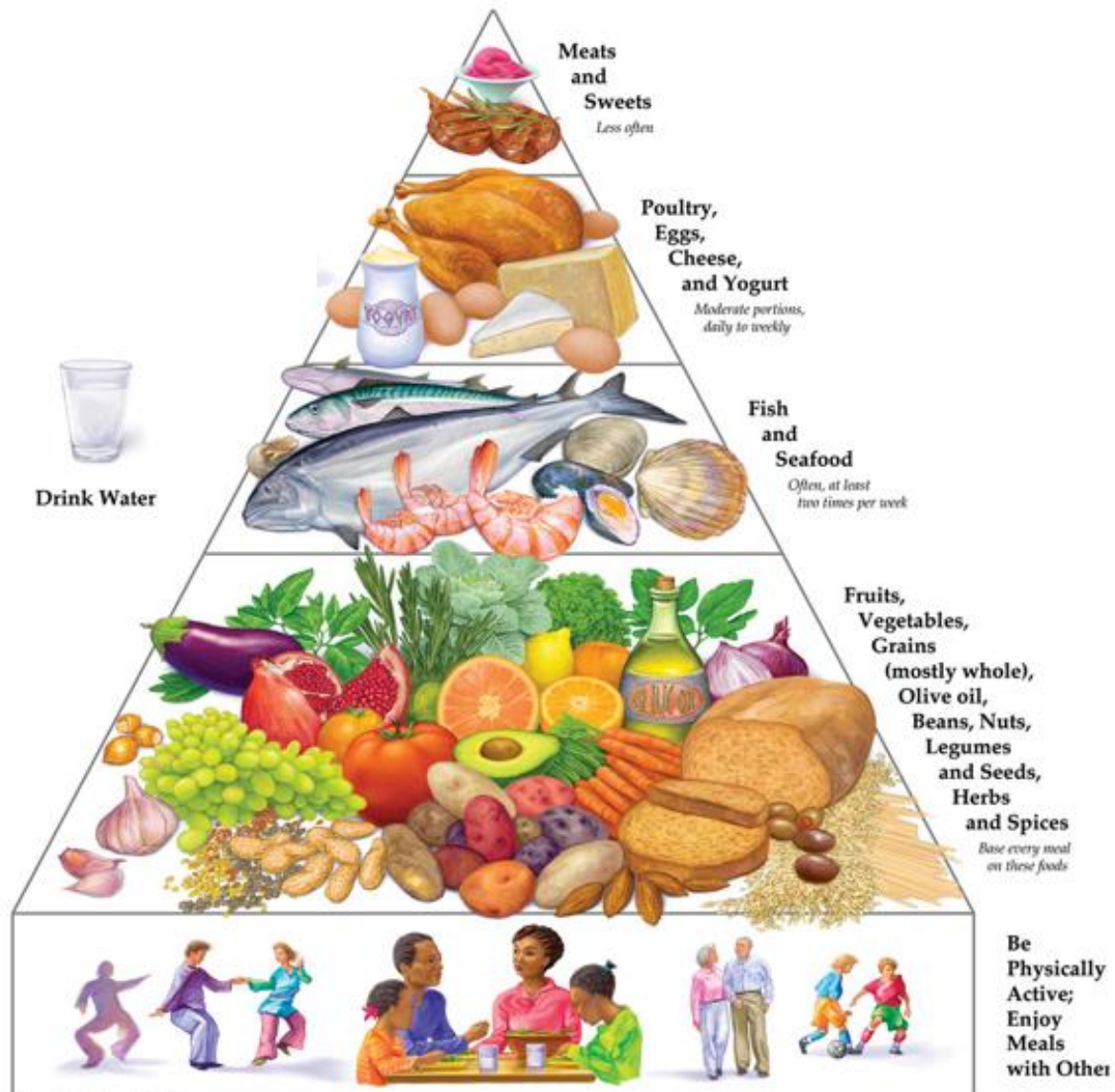


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