

## HEALTHY & SUSTAINABLE LIFESTYLE (LEVEL 2)

<b>Description</b>	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
<b>Leading Question</b>	Is my family leading a healthy and sustainable lifestyle?
<b>Total Time Required</b>	~7 hours over 8 days
<b>Supplies Required</b>	Paper and pencil.
<b>Learning Outcomes</b>	<ol style="list-style-type: none"> <li>1. Data collection and representation in tables and graphs</li> <li>2. Understanding and calculating the average</li> <li>3. Learning about recommendations to maintain physical and mental health, and practicing those</li> </ol>
<b>Previous Learning</b>	Addition and simple division.

### DAY 1

Today you will learn about how to keep a healthy body and mind!

<b>Suggested Duration</b>	<b>Activity and Description</b>
<b>10 minutes</b>	<ul style="list-style-type: none"> <li>● Introduction: this project, we will look at how we can keep a good health for our body and mind.</li> <li>● Body health requires eating well, exercising, and sleeping well.</li> <li>● 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.</li> </ul>
<b>15 minutes</b>	<ul style="list-style-type: none"> <li>● Sleeping habits: <ul style="list-style-type: none"> <li>- How many hours have you slept last night? Is the duration within the recommended range?</li> </ul> </li> <li>● 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.</li> </ul>

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<https://forms.gle/LGAP9k17fMyJrKJN7>

- 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.

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

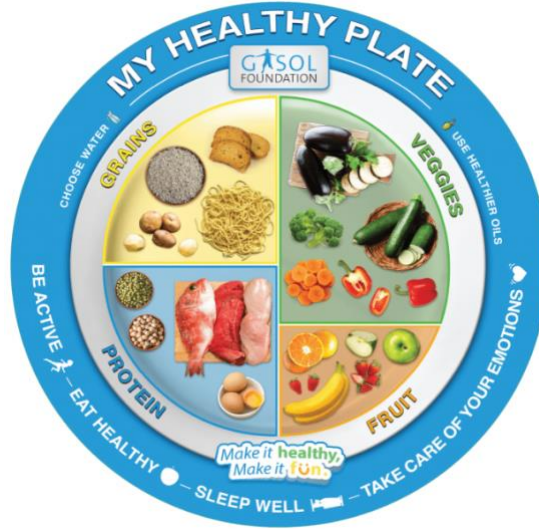
\*Once you have the data filled for 1 whole week, you will discuss the following questions:

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

Average is a ratio that summarizes a multiple of answers in one somehow general answer.

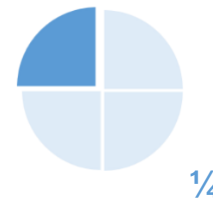
**30 minutes**

- 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)
  - 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 to12 year olds
  - **Do you usually drink as much as recommended daily?**
- Draw a table like the one below to monitor your daily eating habits.
  - In the first column, answer with a Yes or No.
  - In the second column, draw a glass of water every time you drink one.

Day	Was my food intake balanced	Glasses of water I drank

	as in the Healthy Plate diagram?	
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, 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?

**20 minutes**

- Physical workout
- From the World Health Organization (WHO):
  1. Children 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.
- Source: WHO-[Global Recommendations on Physical Activity for Health](#)
- 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:
- Aerobic activity examples that can be done indoors.



Mountain Climbers



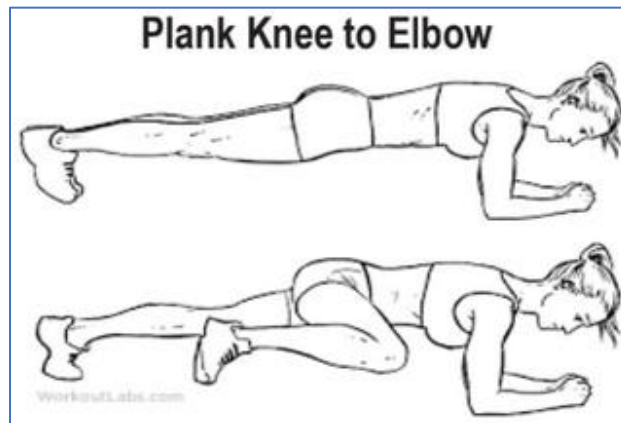
Isometric Bear Crawl



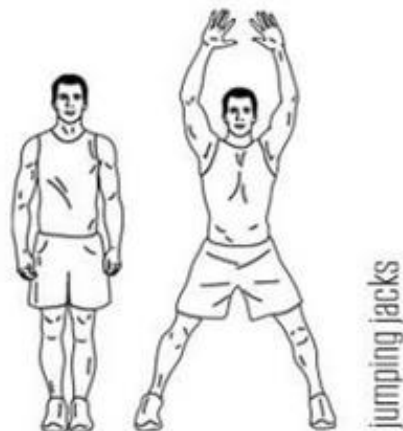
Squat Jumps



Full Burpee OR Half Burpee



Jumping Jacks



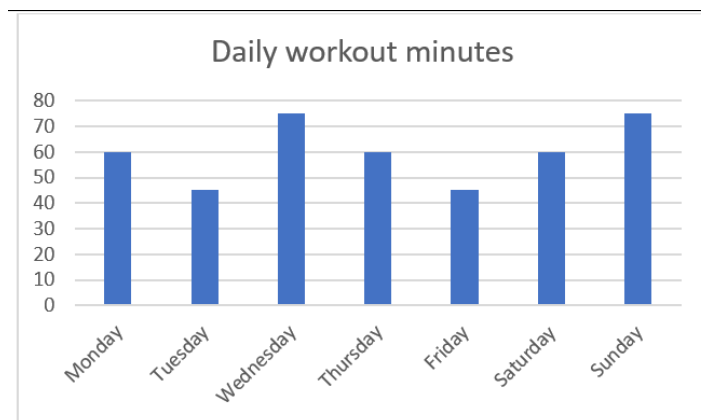
**15 minutes**

- 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:

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



## DAY 2

Today you will learn about physical exercise you can do at home.

**Suggested Duration**

**15 minutes**

**Activity and Description**

- Let's start today with a mental health check

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- 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.
- Being Grateful means being highly appreciative and showing kindness.

**45 minutes**

- 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.
  - 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.
- 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.



Family member	No. of times they touch their face in 15 minutes	Estimate for 1 hour

- 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.

**15 minutes**

- 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



**All day long**

- Remember to:
  - 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
- Did you record the data from yesterday? Have you faced any difficulties doing that?

## DAY 3

Today you will continue your healthy and sustainable lifestyle with a mental health check.

Suggested Duration	Activity and Description
<b>15 minutes</b>	<ul style="list-style-type: none"> <li>● Mental health check               <ul style="list-style-type: none"> <li>- We must always check on and review our purpose and goal in life:</li> <li>- What do you want to be when you grow up?</li> <li>- How will that help other people, or our planet?</li> </ul> </li> </ul>
<b>5 minutes</b>	<ul style="list-style-type: none"> <li>● Remember to:               <ul style="list-style-type: none"> <li>- Record data on the daily eating habits table</li> <li>- Fill in the Sleeping log</li> <li>- Conduct your daily workout and note down the time in the table</li> </ul> </li> </ul>

## DAY 4

Today you will continue your healthy and sustainable lifestyle with a mental health check, physical exercise and monitoring your eating habits.

Suggested Duration	Activity and Description
<b>20 minutes</b>	<ul style="list-style-type: none"> <li>● Mental health check               <ul style="list-style-type: none"> <li>- Do you sometimes have strong feelings that you like to tell someone about? Feelings like fears, worries, sadness, pride...?</li> <li>- To whom do you usually express your feelings?</li> <li>- Is there anything you want to talk about today?</li> </ul> </li> </ul>
<b>60-70 minutes</b>	<ul style="list-style-type: none"> <li>● Learners do a 1-hour workout at home</li> <li>● Learners monitor daily eating habits and record scores in the respective table</li> <li>● Learners write their sleeping hours in the sleeping log</li> </ul>

## DAY 5-7

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Today you will continue your healthy and sustainable lifestyle with a mental health check, physical exercise and monitoring your eating habits.

Suggested Duration	Activity and Description
60-70 minutes	<ul style="list-style-type: none"> <li>• Learners do a 1-hour workout at home</li> <li>• Learners monitor daily eating habits and record scores in the respective table</li> <li>• Learners write their sleeping hours in the sleeping log</li> </ul>

## DAY 8

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Today you will show your parents what you've learned in the last week.

Suggested Duration	Activity and Description
15 minutes	<ul style="list-style-type: none"> <li>• Present to the family the <b>sleeping log</b> and the average sleeping hours that was calculated.               <ul style="list-style-type: none"> <li>- Are Is the average duration within the recommended range? If not, what can be done do to get your sleep within the recommended range?</li> </ul> </li> </ul>
15 minutes	<ul style="list-style-type: none"> <li>• Present to the family the <b>Eating habits table</b>, followed by a discussion.               <ul style="list-style-type: none"> <li>- What was the total number of Yes answers?</li> <li>- What was the total number of No answers?</li> <li>- How can we improve our eating and drinking water habits to make them more health nourishing?</li> <li>- Should we change the time of our meals, cooking patterns, or ingredients?</li> </ul> </li> </ul>
15 minutes	<ul style="list-style-type: none"> <li>• Present your <b>workout table</b> along with the graph showing the daily work out duration</li> <li>• 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?</li> </ul>
15 minutes	<ul style="list-style-type: none"> <li>• Reflection:               <ul style="list-style-type: none"> <li>- What did you appreciate the most about this project?</li> <li>- Do you think you can lead a lifestyle that helps you maintain mental and physical health?</li> </ul> </li> </ul>

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- How can you help or teach someone else to maintain a healthy lifestyle?
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## ASSESSMENT CRITERIA

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- 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.

## ADDITIONAL ENRICHMENT ACTIVITIES

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- 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

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The project can be reduced to the Healthy Eating plate, sleeping log and daily workout graph.

# TRADITIONAL DIETS



## African Heritage Diet Pyramid



Illustration by George Middleton

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# ASIAN HERITAGE DIET PYRAMID



# Mediterranean Diet Pyramid

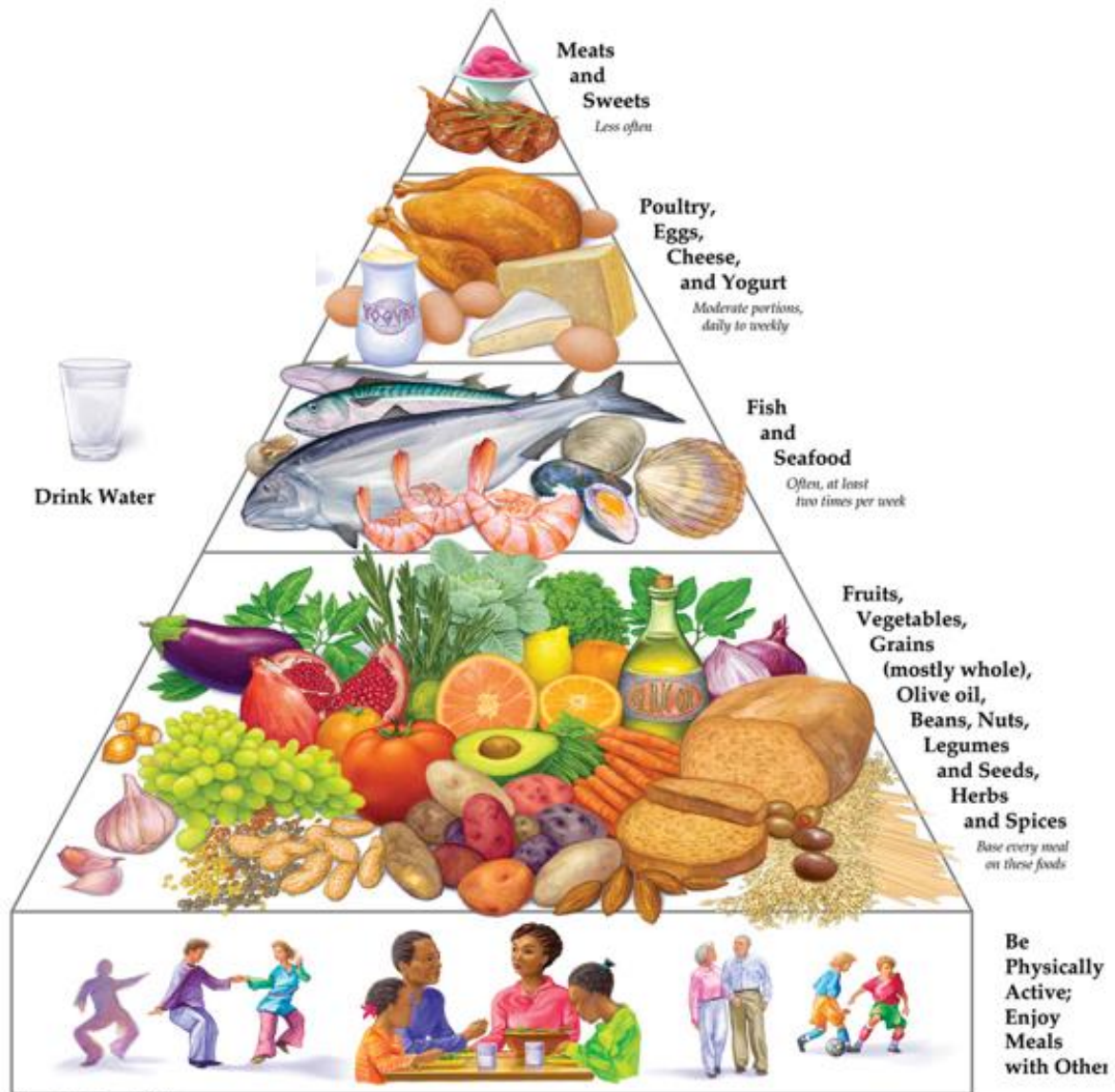


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