

HEALTHY & SUSTAINABLE LIFESTYLE (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?
Total Time Required	~7 hours over 8 days
Supplies Required	Paper and pencil.
Learning Outcomes	<ol style="list-style-type: none"> 1. Understanding the importance of eating well, exercising and sleeping well in keeping good health for body and mind 2. Practicing good sleeping and eating habits 3. Understanding the importance of good mental health 4. Able to collect data and represent it in tables and graphs 5. Understanding and calculating the average
Previous Learning	Addition and simple division.

DAY 1

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

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

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.

Reflection

After calculating the average sleep duration for the week, reflect on the following questions:

- Are you having enough sleep every night (between 9 and 11 hours)?
- Are you going to sleep before 9 pm every night?
- What do you need to do to make sure you go to bed before 9 pm and have 9-11 hours every night?

30 minutes

Eating habits

My Healthy Plate

My Healthy Plate is a friendly easy-to-understand visual guide for creating balanced and healthy meals. It shows you what to eat in the right amounts for each meal, so that you can practice good eating habits.

The Healthy Plate below was created by nutrition experts at Harvard School of Public Health. The My Healthy Plate should be accompanied by water.



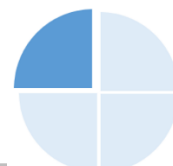
Source: <https://www.gasolfoundation.org/en/downloadable-healthy-plate/>

Reflect on the food you ate yesterday and categorize it under the four food types below: grains, vegetables (veggies), fruits and proteins.

Record your findings in the table below:

Food type	Food you ate yesterday
Grains	
Fruits	
Proteins	
Vegetables	

- Compare the type of food you ate yesterday (as indicated in the table) to the proportions shown in My Healthy plate above*:
 - $\frac{1}{4}$ 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 ¼ fruits
- Use healthy oils with the food ¼

one quarter is one of 4 similar parts

- *It is worth mentioning that traditional ways of eating are also a good 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:
 - The importance of eating balanced and healthy meals
 - How do you feel about the suggestions given in My Healthy Plate?
 - To what extent was your food intake as balanced as recommended by experts in the My Healthy Plate above.

Drinking water

The human body is about 60% water. The body constantly loses water throughout the day mostly through urine, sweat and from regular body functions like breathing. To prevent dehydration, you need to drink a lot of water even if you are not thirsty.

Health experts recommend:

- 5 glasses (1 liter) for 5 to 8 year olds
 - 7 glasses (1.5 liters) for 9 to12 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.

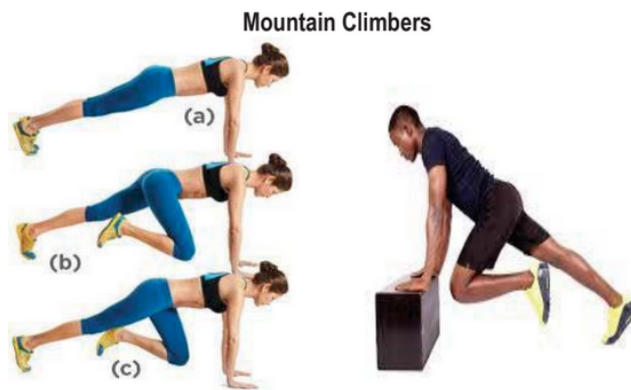
Day	Was my food intake balanced as in the Healthy Plate diagram?	Did I drink enough water?
Monday		
Tuesday		
Wednesday		
Thursday		

Friday		
Saturday		
Sunday		

- *At the end of the week, 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.



Isometric Bear Crawl

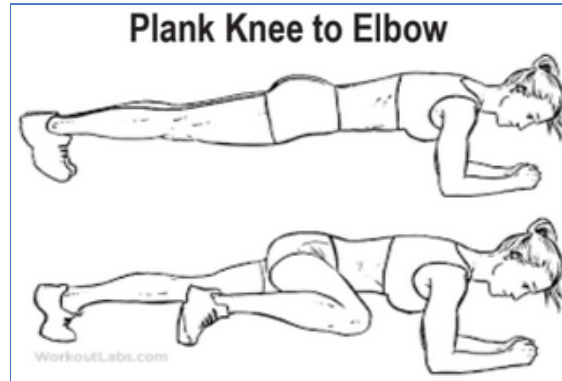


Squat Jumps

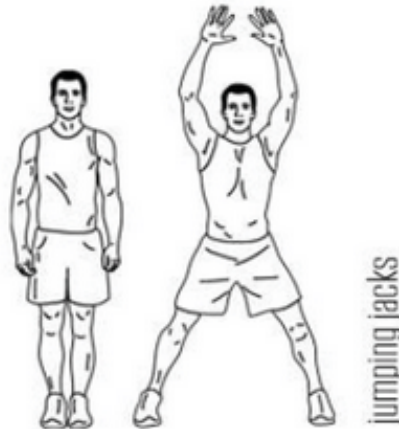


Full Burpee OR Half Burpee





Jumping Jacks

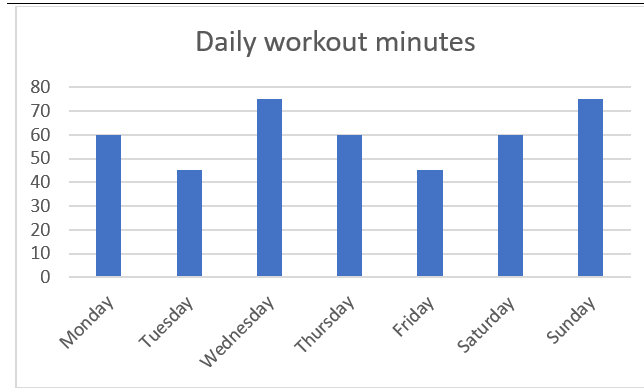


15 minutes

- 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:

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

Sunday	75
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DAY 2

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

Suggested Duration

Activity and Description

15 minutes

- Let's start today with a mental health check:
 - 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

15 minutes

- Mental health check
 - We must always check on and review our purpose and goal in life:
 - What do you want to be when you grow up?
 - How will that help other people, or our planet?

5 minutes

- 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

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

20 minutes

- Mental health check
 - 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

- Do a 1-hour workout at home
- Monitor daily eating habits and record scores in the respective table
- Write your sleeping hours in the sleeping log

DAY 5-7

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

- Do a 1-hour workout at home
- Monitor daily eating habits and record scores in the respective table
- Write your sleeping hours in the sleeping log

Weekly food menu

Develop a weekly food menu for the family using locally available affordable foods which can enable you and the family members to select a My Healthy plate.

Day of week	Fruits options	Vegetables options	Proteins options	Grains options
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Note: You can make use of Appendix 1: Building blocks of a healthy diet when developing the options for the weekly food menu.

DAY 8

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"> Present to the family the sleeping log and the average sleeping hours that were calculated. <ul style="list-style-type: none"> Is the average duration within the recommended range? If not, what can be done to get your sleep within the recommended range?
15 minutes	<ul style="list-style-type: none"> Present to the family the Eating habits table, followed by a discussion. <ul style="list-style-type: none"> What was the total number of Yes answers? What was the total number of No answers? 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?
15 minutes	<ul style="list-style-type: none"> Present your workout table along with the graph showing the daily work out duration

-
- 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?
-

15 minutes

- Reflection:
 - 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?
 - What were the family members willing to change and what were they reluctant to change?
 - How can you help or teach someone else to maintain a healthy lifestyle?
-

ASSESSMENT CRITERIA

- Tables and graphs are duly filled
- The graphs are accurate, and calculations are correct.
- Table of weekly food menu duly filled
- Learners show motivation and grit while working on activities
- Learners show ownership and enthusiasm when presenting their results at the end.

ADDITIONAL ENRICHMENT ACTIVITIES

- 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

rediscover  goodness
OLDWAYS
CULTURAL FOOD TRADITIONS

African Heritage Diet Pyramid



Illustration by George Middleton

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EAA welcomes feedback on its projects in order to improve, please use this link:

<https://forms.gle/LGAP9k17fMyJrKJN7>



ASIAN HERITAGE DIET PYRAMID



Mediterranean Diet Pyramid

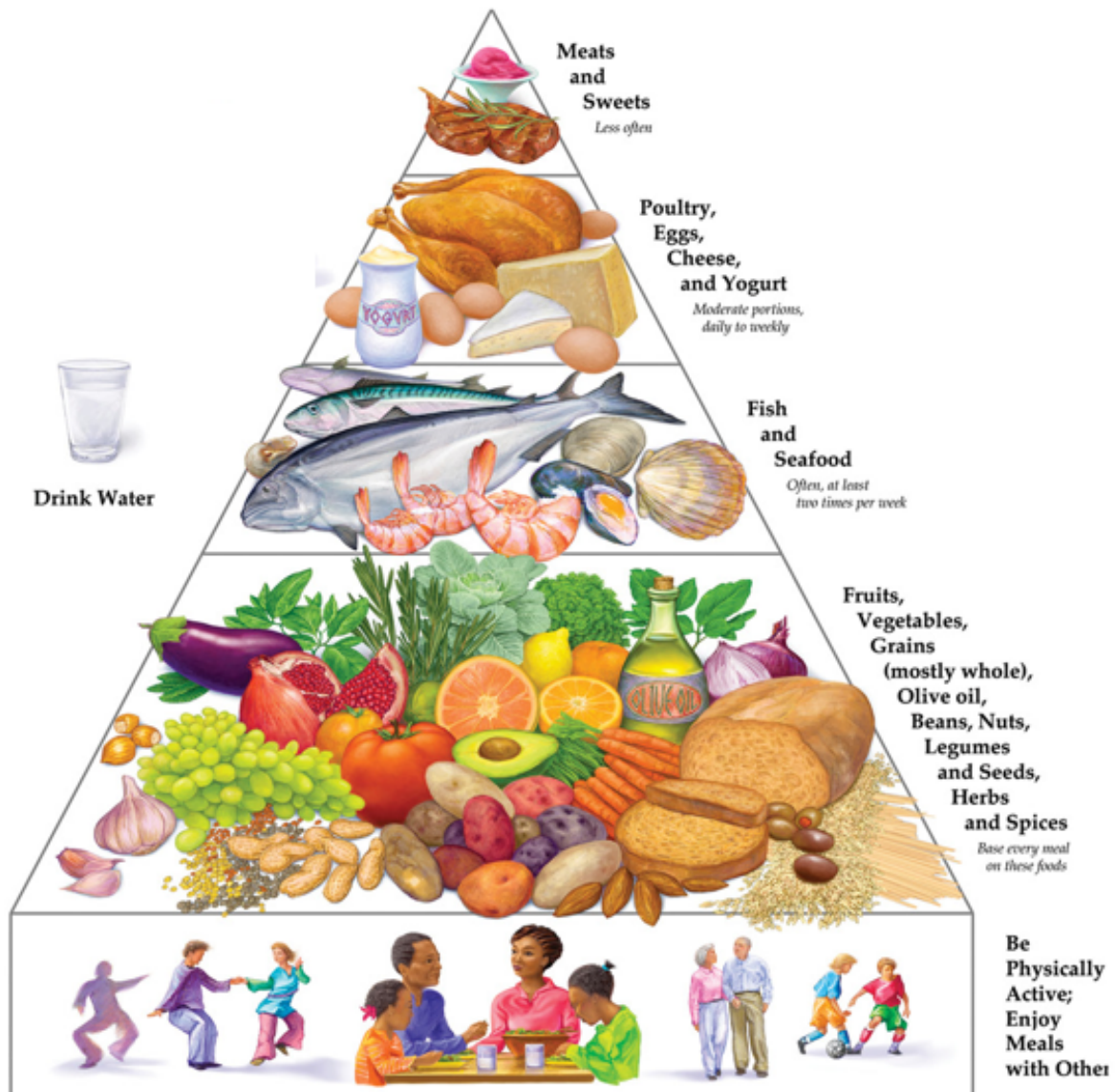


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Appendix 1: Building blocks of a healthy diet

Food Type	Food type options
	<p>Vegetables: Vegetables protect us against heart disease and certain cancers</p> <p>Examples of vegetables: Cucumber, broccoli, cauliflower, asparagus, green beans, pepper, eggplant, spinach, tomatoes, banana, carrots, onions, squash, cabbage etc.</p>
	<p>Lean protein: Proteins help the body repair muscles and cartilage</p> <p>Lean protein sources: Chicken or turkey without skin, fish (salmon, tilapia) , lean cuts of beef or pork, beans, egg white, sea food, nuts, soy products, peanut butter etc.</p>
	<p>Fruits: Fruits provide important vitamins and minerals including potassium, vitamins A and C and folic acid. Vitamins help the body to fight diseases by boosting its immune system</p> <p>Examples of fruits include: Apples, bananas, blueberries, cherries, grapes, oranges, pears, strawberries etc.</p>



Whole grains: Whole grains are rich in carbohydrates (energy-giving), contain fiber and key nutrients such as iron, magnesium and folic acid.

Examples of whole grains include: brown rice, barley, millet, wheat, cereal, oatmeal, whole-grain bread etc.