

## HEALTHY & SUSTAINABLE LIFESTYLE (LEVEL 1)

<b>Description</b>	Learners will be introduced to recommendations on how to maintain physical and mental health and then will be asked to try them out and monitor how they feel 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>Subjects</b>	Math, Science (health)
<b>Supplies Required</b>	Paper and pencils
<b>Learning Outcomes</b>	Learners should be able to: <ol style="list-style-type: none"> <li>1. Recognize the importance of maintaining physical and mental health.</li> <li>2. Demonstrate the ability to record and analyze data in tables and graphs.</li> <li>3. Effectively communicate their findings and discussions to their family</li> <li>4. Illustrate the skill of calculating averages from collected data.</li> <li>5. Apply the knowledge of key elements of a healthy lifestyle, including sleep, diet, exercise, and emotional well-being.</li> <li>6. Comprehend the concept of balanced and healthy meals, including food groups and proportions.</li> <li>7. Understand the importance of gratitude and emotional expression in mental health.</li> </ol>
<b>Previous Learning</b>	Addition and simple division (for some exercises)
<b>Supervision</b>	Self-guided for the first three days

### 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>● In this project, we will look at how we can keep good health for our body and mind.</li> <li>● Body health requires eating well, exercising, and sleeping well.</li> <li>● For mental health, 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>	Sleeping habits:

● Draw on a piece of paper a weekly log of your sleeping time. Here's one example of how that log can look like:



Day	time I went to bed	time I woke up	How much time I slept
Monday	7:45		
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

\*After 1 week, you will discuss the following questions:

- Are you getting 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?

**40 minutes**

● To calculate the time you have slept, here is an example:

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

How many hours have you slept?

- 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.
- 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.

So, we have 7 in the head, we start counting: 8, 9, 10, 11, 12, 1, 2, 3, 4, 5, and a half. So you have slept 10 ½ hours (Ten and a half hours).

- Work on the Tell the time Worksheet, and then show the answers to parents. Hang it on the wall in your bedroom to note down the data on it everyday.
- Once you have the data filled for 1 whole week, you will reflect on the following questions:
  - Are you getting enough sleep every night (between 10 and 12 hours)?
  - Are you going to sleep before 8 pm every night?
  - What do you need to do to make sure you go to bed before 8 pm and have 10-12 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.



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

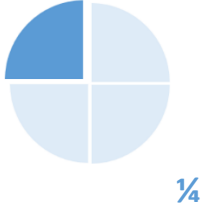
- Think about the food you ate yesterday and categorize it under the four food types below: grains, vegetables (veggies), fruits and proteins.
- Record your findings in the table below.

Food Type	Food you ate yesterday
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Grains	
Fruits	
Proteins	
Vegetables	

Compare the type of food you ate yesterday (you have indicated in the table) to the proportions shown in the 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  $\frac{1}{4}$  fruits
- Use healthy oils with the food




$\frac{1}{4}$

**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 universal suggestion of a healthy diet. See examples of [Traditional Diets](https://oldwayspt.org/) adapted from <https://oldwayspt.org/>
- Discuss with the family:
  - The importance of eating balanced and healthy meals
  - 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 old
    - 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.
  - 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 as in the Healthy Plate diagram?	Glasses of water I drank
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?

## DAY 2

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

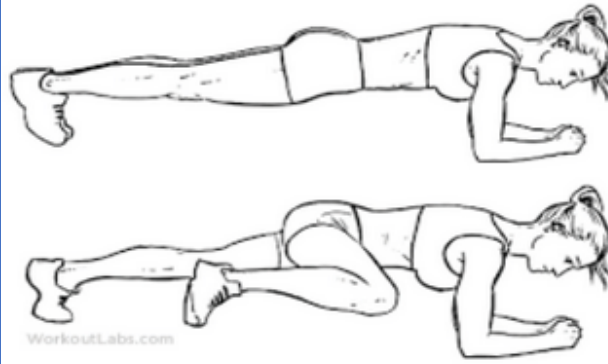
Suggested Duration	Activity and Description
15 minutes	<ul style="list-style-type: none"> <li>Let's start today with a mental health check               <ul style="list-style-type: none"> <li>Recall 3 things that you are grateful for. Express each in one or more words. Draw a representation of it if you can.</li> <li>Being grateful means being highly appreciative and showing kindness.</li> </ul> </li> <li>Physical Workout</li> <li>From the World Health Organization (WHO):</li> </ul>

	<p>1. Children should do 60 minutes of moderate- to vigorous-intensity physical activity daily.</p> <p>Source: WHO-<a href="https://www.who.int/dietphysicalactivity/global-PA-recs-2010.pdf">Global Recommendations on Physical Activity for Health</a> <a href="https://www.who.int/dietphysicalactivity/global-PA-recs-2010.pdf">https://www.who.int/dietphysicalactivity/global-PA-recs-2010.pdf</a></p>
<p><b>20 minutes</b></p>	<ul style="list-style-type: none"> <li>As mentioned above, you are required to do physical activity daily, and to show your daily exercise time on a bar graph.</li> <li>Aerobic activity examples that can be done indoors.</li> </ul> <div data-bbox="459 569 719 936"> <p><b>High Knees</b></p>  </div> <div data-bbox="776 554 1406 936"> <p><b>Mountain Climbers</b></p>  </div> <div data-bbox="459 963 1166 1205"> <p><b>Isometric Bear Crawl</b></p>  </div> <div data-bbox="459 1297 789 1745"> <p><b>Squat Jumps</b></p>  </div>

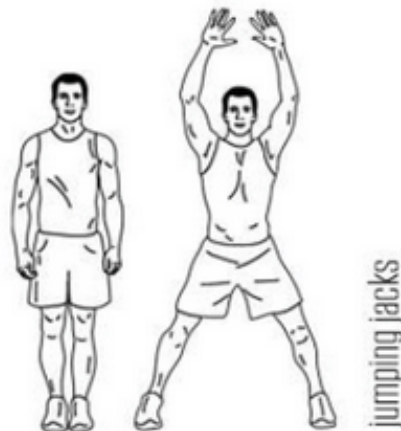
### Full Burpee OR Half Burpee




### Plank Knee to Elbow




### Jumping Jacks



<p><b>15 minutes</b></p>	<ul style="list-style-type: none"> <li>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:</li> </ul> <table border="1" data-bbox="451 464 865 926"> <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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<p><b>30 minutes</b></p>	<ul style="list-style-type: none"> <li>Observe 3 family members and note down how many times they touch their face in 15 minutes. Tell them that you will be observing them for an experiment that is beneficial for them. <ul style="list-style-type: none"> <li>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.</li> </ul> </li> <li>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. See the examples below for a 4 followed by a 5.</li> </ul> <div style="text-align: center;">  </div> <table border="1" data-bbox="451 1528 1154 1818"> <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>		Family member	No. of times they touch their face in 15 minutes	Estimate for 1 hour													
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	<ul style="list-style-type: none"> <li>• 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.</li> <li>• If you are not comfortable multiplying, you can add the number 4 times because 1 hour contains 4 15-minute-time slots:</li> </ul> 
<b>15 minutes</b>	<ul style="list-style-type: none"> <li>• 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</li> </ul>
<b>All day long</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> <li>• Did you record the data from yesterday? Have you faced any difficulties doing that?</li> </ul>

## DAY 3

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

<b>Suggested Duration</b>	<b>Activity and Description</b>
<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
20 minutes	<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>
60-70 minutes	<ul style="list-style-type: none"> <li>• Do a 1-hour workout at home</li> <li>• Monitor daily eating habits and record scores in the respective table</li> <li>• Write your sleeping hours in the sleeping log</li> </ul>

## 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	<ul style="list-style-type: none"> <li>• Do a 1-hour workout at home</li> <li>• Monitor daily eating habits and record scores in the respective table</li> <li>• Write your sleeping hours in the sleeping log.</li> </ul> <p><b>Weekly food menu</b></p> <p>Develop a weekly food menu for the family using locally available affordable foods which can enable them and the family members to select a My Healthy plate:</p> <table border="1"> <thead> <tr> <th>Day of Week</th> <th>Fruit Options</th> <th>Vegetable Options</th> <th>Lean Protein Options</th> <th>Grains Options</th> </tr> </thead> <tbody> <tr> <td>Monday</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Day of Week	Fruit Options	Vegetable Options	Lean Protein Options	Grains Options	Monday				
Day of Week	Fruit Options	Vegetable Options	Lean Protein Options	Grains Options							
Monday											

	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				
	Sunday				

## 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"> <li>● Present to the family the <b>sleeping log</b> and the average sleeping hours that were calculated. <ul style="list-style-type: none"> <li>- Are you getting enough sleep every night (between 10 and 12 hours)?</li> <li>- Are you going to sleep before 8 pm every night?</li> <li>- What needs to be done to make sure you go to bed before 8 pm and have 10-12 hours every night?</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, versus No answers?</li> <li>- Did you drink enough water every day?</li> <li>- What do you need to do to improve your eating and drinking water habits to make them more health nourishing?</li> <li>- Should you change the time of your meals, cooking patterns, or ingredients?</li> </ul> </li> </ul>
15 minutes	<ul style="list-style-type: none"> <li>● Present your daily <b>workout table</b>, showing the daily workout 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>

	<ul style="list-style-type: none"> <li>- What were the family members willing to change and what were they reluctant to change?</li> <li>- How can you help or teach someone else to maintain a healthy lifestyle?</li> </ul>
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<b>Additional enrichment activities:</b>	<ul style="list-style-type: none"> <li>• Create a journal of daily practices to be shared with friends.</li> <li>• Lead daily workout sessions for the family</li> <li>• Write down a suggested meal schedule for a week following the Healthy Plate model rations.</li> </ul>
<b>Modifications for simplification</b>	The project can be reduced to the Healthy Eating plate, sleeping log and daily workout graph.

## ASSESSMENT CRITERIA

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A majority of my students were able to:

- Collect and record data accurately in tables and graphs.
- Calculate and understand averages from collected data
- Successfully created a balanced weekly food menu that aligns with the Healthy Plate model.
- Display a sense of ownership over their health and lifestyle choices and remained motivated throughout the project.
- Demonstrate a good understanding of healthy habits related to sleep, diet, exercise, gratitude, and emotional expression.
- Reflect on their habits, identified areas for improvement, and demonstrated a willingness to make positive lifestyle changes.

## APPENDIX

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### TELL THE TIME WORKSHEET

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**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?

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## TRADITIONAL DIETS

rediscover  goodness  
**OLDWAYS**  
CULTURAL FOOD TRADITIONS

# African Heritage Diet Pyramid



Illustration by George Middleton

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# ASIAN HERITAGE DIET PYRAMID





## Mediterranean Diet Pyramid

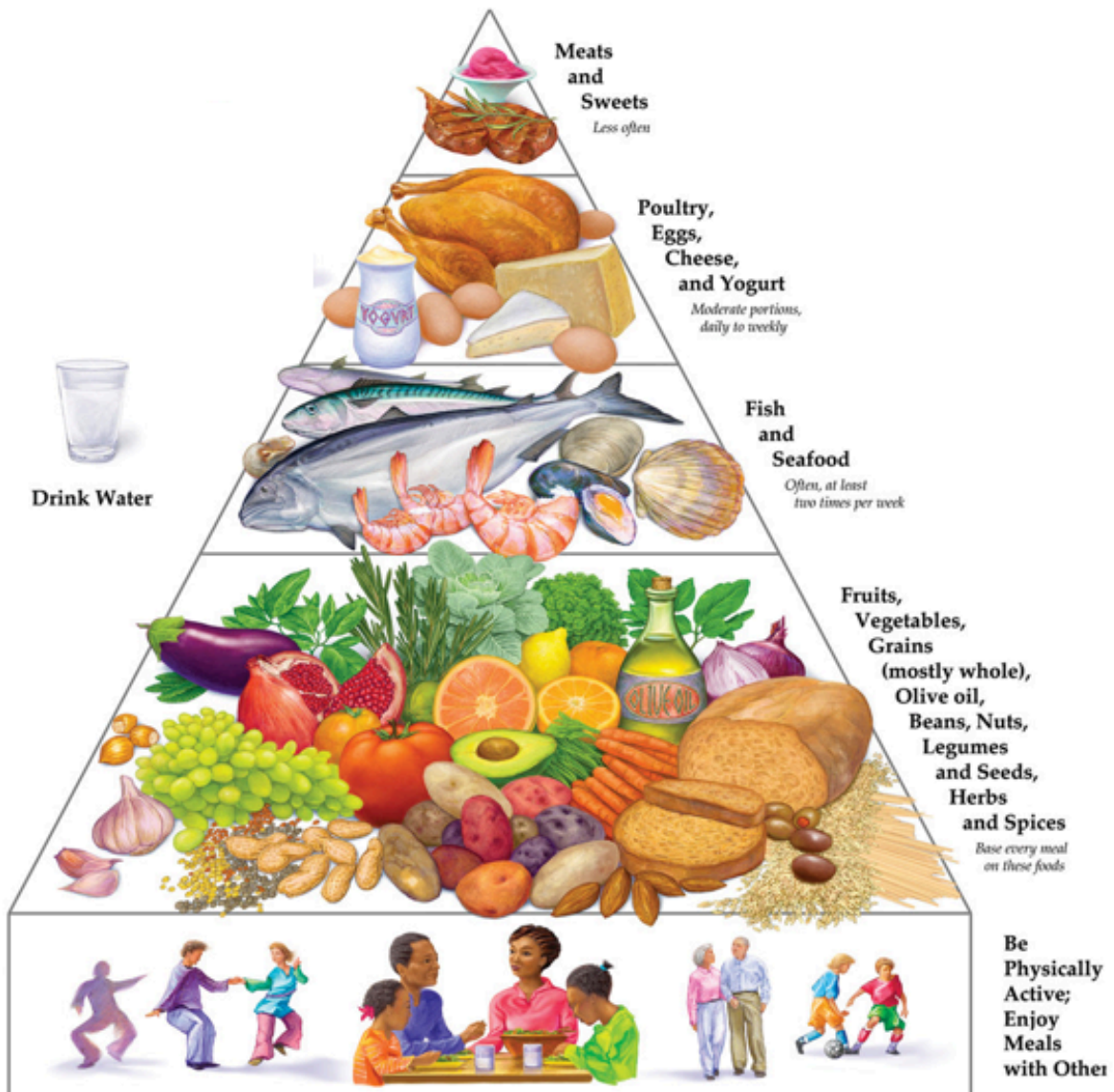





Illustration by George Middleton

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Be Physically Active; Enjoy Meals with Other

**Appendix 1: Building blocks of a healthy diet**

Food Type	Food type options
	<p><b>Vegetables:</b> 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><b>Lean protein:</b> 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><b>Fruits:</b> 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.