

## LESSON PLAN: HEALTHY NUTRITION AND SPORTS AGAINST OBESITY

### LEARNING PROCESS

**Learning Outcomes 10: Reads visual materials. (Explains visual materials.)**

**Learning Outcomes 10: Reads visual materials. (Answers questions about visual materials.)**

**Learning Outcomes 11: It shows reading awareness. (He talks about the written materials around him.)**

**Learning Outcomes 12: It shows awareness of writing. (It shows the texts around it.)**

**Learning Outcomes 1: Makes displacement movements. (Runs according to directions.)**

**Learning Outcomes 8: Takes precautions related to his health. (He tells what to do to maintain his health.)**

**Learning Outcomes 8: Takes precautions related to his health. (He explains the consequences that can occur when he does not pay attention to his health.)**

**Learning Outcomes 8: Takes precautions related to his health. (He does what is necessary to maintain his health.)**

**MATERIALS: Food plate poster, worksheet, crayons, scissors**

**WORDS : Consume, food plate, banner, healthy, unhealthy**

- Talks about the importance of healthy nutrition with children.
- It is mentioned that since all living things on earth need to be fed and continue their lives in some way, there are foods that we must consume during the day.
- “Which foods should we consume for our health?” Brainstorming is done with the children by asking the question.
- Food group that we should consume adequately during the day (Cereal group; bread, bulgur, pasta, rice; fruit and vegetable group; dairy group: cheese, milk, yogurt; meat group: meat, chicken, egg; legumes, fatty foods and sweets. The food plate poster with the images of ) is examined with the children and hung on the wall. Ask questions about the foods on the food plate.
- Cardboards explaining healthy and unhealthy foods with visuals are hung on the wall to attract the attention of the students before the activity.

**Activity 1: “ Let's make our own healthy plate “**

Students create healthy plates using drawing, painting or cut-paste techniques.

**Activity 2 : “ Let's move (do sports )”**

Students do sports by accompanying the videos they watch.

**EVALUATION**

- What was written on the cardboards hung on the wall?
- What foods were on the food plate?
- Which foods should we consume for a healthy diet?
- Which foods are unhealthy? • What happens if we do not take care of our health?
- What should we do to protect our health?

**FAMILY PARTICIPATION**

- Families can be asked to prepare a food plate poster with their child, using the newspapers and magazines at home.

**SUPPORTED VALUES**

**Responsibility:** It can be pointed out that we are responsible for our health and that healthy eating is one of the prerequisites for being a healthy and successful adult.

**SUGGESTIONS**

- Sample images can be pasted on cartons that write healthy and unhealthy.