

Home Living / Daily Living

Lesson Plan—Emerging

Importance of Keeping a Healthy Body Weight

Instructional Area: Leisure Community Home Living / Daily Living

Ability Level: Emerging Developing Mastery

Topic / Skill Outcome:

- Health and safety- personal health

Learning Area(s):

- Literacy
- Communication
- Math and Science
- Physical Education

Purpose of Lesson / Objective:

- Promote personal health by understanding how your weight keeps you healthy

Materials / Equipment / Environment:

- Scale / charts / graphs / personal health logs
- Dietician/Nurse/Doctor/Physical Education Instructor

Group Size: Any **Time Required:** 30 minutes

Lesson Procedure:

1. Students will start by becoming aware of different weights by using body force.
 - Have students exercise in the following ways:
 1. Lift arms slowly and gently
 2. Stomp on the floor/ Move feet
 3. Walk on tiptoe
 4. Kick out one leg
2. Then have a dietician talk about the importance of maintaining proper weight
3. Discuss ways to maintain a healthy body weight
4. Students may weigh themselves and discuss a goal they want to set for themselves / changes they could make in their diet

Carry Over / Related Activities:

- Learn about food groups and ways to gain or lose weight
- Learn how calories and exercise help to keep you healthy
- Make healthy snacks or create healthy menus

Supporting Activities / Possible Adaptations:

- Tour a hospital, health care facilities, doctor's offices, health club or drug store
- Have a doctor, nurse, and/or aerobics or physical education instructor talk to students – prepare students regarding what questions they could ask – practice interviewing
- Write books or an article for school newspaper about students learning and participation

Strategies for Participation:

- Teach in small steps and break up each lesson with hands-on activities, speaker or outing

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Student Reaction / Evaluation:

- Review what they learned and post on a wall chart / display pertinent vocabulary and concepts associated with topic