

# LESSON V-1: Keeping Ourselves Healthy

## Student Learning Objectives:

- V-1. Students will define the term “healthy.”
- V-2. Students will list ways to keep the body healthy.
- V-3. Students will name external body parts.

## Preparation

- Gather the needed materials.

## Materials

### Equipment

- VCR and monitor (Optional)
- Record player or cassette player

### Resources

- Bulletin Board: Health Hints (from previous phase)
- Bulletin Board Heading: Health Habits
- Video: *Dr. Truso's Jet Powered Pedaler*, American Heart Association (7 minutes) OR Book: *Big News! Straight From the Heart*, American Heart Association
- Record or Cassette: Hokey Pokey
- Video: *Heartpower! Sing-Along*, American Heart Association (Integration Idea)

**Time: 20 minutes**

## Lesson Procedure

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### Introduction: 1 minute

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Review the previous phase on disease prevention and introduce this lesson on requirements for healthy living.

1. Share with the students:

*During the last few lessons, we discussed ways we can keep ourselves healthy by stopping the spread of disease. Let's see if we can remember four ways to stop diseases from spreading. Who would like to share one idea? [Wash your hands. Cover your nose and mouth when you cough or you sneeze. Don't share eating utensils/glasses, etc. Clean and cover cuts. Don't share articles that come in contact with your hair (lice).]*

Call on four students to summarize.

Refer to the Health Hints bulletin board. Add the heading Health Habits and say:

*We also learned about some health hints that will help us stay healthy. When we do a healthy activity over and over, it becomes a health habit. Turn to your neighbor and tell them a health habit you did today.*

*We need certain things to keep us alive and healthy. Today we will learn more about our bodies and what our bodies need to be healthy.*

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**Activity 1: 11 minutes**

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Introduce ways to keep physical bodies healthy.

Teacher's Note: You have one of the following resources available for use with this lesson: a video titled *Dr. Truso's Jet Powered Pedaler*, or a book titled *Big News! Straight From the Heart*. Using the resource available to you, conduct one of the two options described below.

Option 1

1. Share with the students:

*I'd like to share a video with you. It's a video about how to stay healthy. The word "healthy" means our bodies and minds are working the best they can. As you watch and listen, notice the different things the children in the video do to keep their bodies healthy.*

2. Show the video *Dr. Truso's Jet Powered Pedaler*.

Teacher's Note: Depending on the reading ability of your students, you may need to read some of the headings seen in the video.

The bicyclists in this video are not wearing helmets. Be sure to point out that helmets should be worn any time a bike is used.

3. Discuss the video using the following questions:

*What did the children in the video learn to do to take care of their bodies?* [exercise, eat nutritious food, get check-ups, etc.]

*There are several different kinds of exercise. What does exercise do for your body?* [It keeps the body healthy. It keeps the heart healthy, etc.]

*What did the children in the video learn about eating right?* [They can choose to eat healthy snacks. Food you eat gives you energy.]

*If you want to grow up to be strong and healthy, what are some things you need to do to take care of your body?* [Get plenty of exercise. Eat healthy snacks and meals. See your doctor and nurse for check ups, etc.]

Option 2

1. Share with the students:

*I'm going to read you a book titled Big News! Straight From the Heart. What do you think it might be about? Listen carefully so that you can find out what the big news is.*

2. Read the book *Big News! Straight From the Heart*.
3. Discuss the book using the following questions:
  - *What was the big news?* [The big news is “Everybody agrees: You can have a healthy heart!” Show page 16.]
  - *Kiwi, the squirrel, and Sneakers, the lion, interviewed many people. Each person they talked to had different news, but all the news told ways to have a healthy heart. What are some things the characters in the book did to have healthy hearts?* [Eat healthy foods from all five food groups. Be physically active. Live tobacco-free.]
4. Read the book again.

Then ask students to name ways to have a healthy heart. As each heart-healthy behavior is named, have a volunteer come forward and locate the page of the book that names that behavior. Once the page is located, have the class read the page together aloud.

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**Activity 2: 7 minutes**

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Identify the names of body parts and participate in a movement activity.

1. Share with the students:

*Since exercising is important, let's do a fun activity to move our bodies and to exercise. It will help us practice naming the different parts of our body, too.*

2. Ask the class to form a large circle.

Name and point to various body parts, such as the elbow, shoulder, waist, thigh, back, buttocks, abdomen, head, ears. Be sure to use correct terms for body parts.

Once the students have practiced naming their body parts, play the “Hokey Pokey” and move to the song.

Teacher’s Note: This may be an activity you will want to do in the gym.

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**Closure: 1 minute**

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- Summarize by asking:

*What does it mean to be healthy?* [A person feels good. The body and mind are working the best they can.]

*What is one thing you want to remember to do to take care of your body and stay healthy?*

- State:

*In our next health lesson we will learn the names for some different body parts—those we can't see.*

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## Integration Ideas

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### English Language Arts

- Make a health newspaper. Distribute it throughout the school.
- Read the book *Big News! Straight From the Heart*, from the American Heart Association. Then find the nursery rhymes hidden throughout the story.
- Read the nursery rhymes and stories referred to by the book, *Big News! Straight From the Heart*.
- Locate and recite the rhymes in the book, *Big News! Straight From the Heart*.
- Show parts 1 and 2 of the video *Heartpower! Sing-Along*, from American Heart Association. Have the students sing along with the rap. Then have them name as many healthy foods as possible for each letter of the alphabet.

### Math

- Read the book, *Big News! Straight From the Heart*. Do the counting activities suggested at the end of the book.