

Lesson Idea - S.P.H.E - 1st & 2nd Class

The social personal health education programme is an ideal tool within schools to promote awareness of healthy food concepts and of living a healthy lifestyle.

Strand: Myself

Strand Unit: Taking Care of my Body

Topic: Food and nutrition

Here are some ideas and exercises to assist the teacher further promote the concept of leading a healthy lifestyle. You will also find examples of how you can incorporate the Food Dudes theme into your lesson.

Exercise 1 Importance of hygiene when cooking and preparing food

- Discussion with students on what it means to be hygienic.
- Explain to students that hygiene is important for everybody and one of the most effective ways we have to protect ourselves, and others, from illness.
- Hygiene means washing your hands especially, but also washing the rest of your body. It means taking care when handling and storing food. It also means being careful not to cough or sneeze on others, cleaning things that you touch, and throwing away items such as used tissues that might have germs on them.
- Ask students to pretend they are washing their hands and to mime their usual actions

Hand washing

Most of the infections we get, especially colds and gastro, we catch when our hands get germs on them, and we then put them in our mouth.

Some illnesses we can get when other people's dirty hands touch the food that we eat. So it is important to keep hands as clean as possible, particularly if you are around food.

Ask students when should they wash their hands?

- after using the toilet
- before making or eating food
- after handling dogs or other animals
- if you have been around someone who is coughing or has a cold. You can, of course, also catch the germs if you breathe in the air that they have just filled with germs when they coughed or sneezed.

How to clean hands properly

- Use clean water and soap (or alternative) over your hands and wrists.
- Use a brush to get under nails if they are dirty as well.
- Use something clean to dry hands, such as a paper towel or a hot air dryer.

Note: For children it can help them to remember to give hands a 'good' wash if they wash them while they sing 'This is the way we wash our hands, wash our hands, wash our hands. This is the way we wash our hands and wash the germs away'.

***Here would be a good time to emphasis that the Food Dudes keep extremely clean because they do not ever want to be like the Junk Punks who rarely wash themselves!**

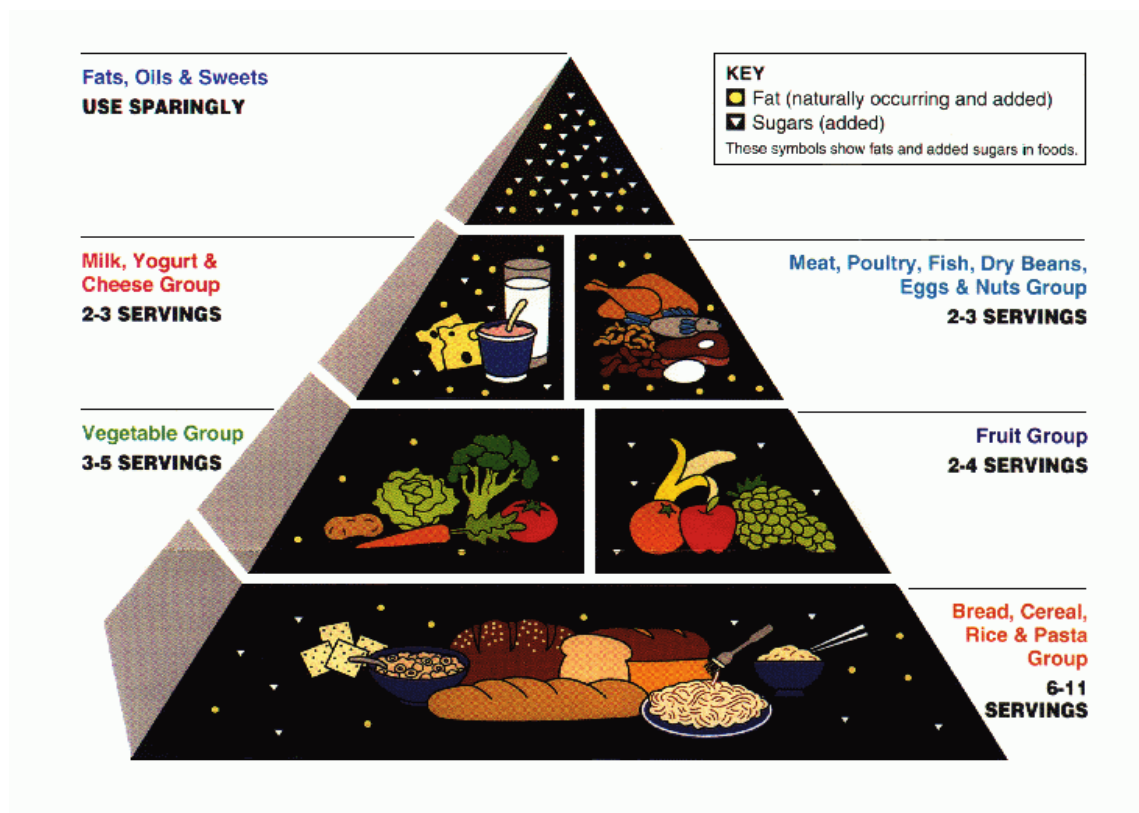
Food

Food poisoning is an illness that you can develop after eating food that has harmful germs in it, or food which contains a toxin (poison) made by some germs. This is called contaminated food. You can feel sick, vomit, have abdominal (tummy) pains and diarrhoea, starting a couple of hours to a day or so after eating the contaminated food. You usually can't tell if food has been contaminated because the germs usually don't make the food smell or taste different.

Points to Remember

- Always have clean hands before you eat or prepare food.
- When you are preparing the food, keep the area that you are working on clean.
- Prepare raw and cooked foods on separate work areas with separate knives, spoons and other utensils.
- Wash all food that will be eaten raw (such as fruit and vegetables) in clean water.
- Maintain the correct temperature when storing foods.
- Keep perishable food, such as fresh meat, milk and vegetables, refrigerated.
- Do not thaw frozen foods at room temperature (keep them in a fridge).
- Serve hot food when it is hot and cold food when it is cold.
- Don't keep cooked food at room temperature; keep it either hot or cold.
- If you are reheating foods, make sure the food gets hot right through.
- When you have thawed frozen food, do not re-freeze it, and if you have re-heated food once already, don't let it get cold and then re-heat it again.

Exercise 2 The Benefits of a Healthy Balanced Diet



Discuss the benefits of having a balanced diet.

EG

- Healthy diet can promote **growth**. An example of this would be children needing more calcium in their bodies to help bones grow. Emphasis how the food dudes are big and strong. They need to be this way to defeat the junk punks.
- **Performance**. Children can improve their performance in sports because they will have lots of energy from eating healthy foods. This will make them big and strong. Raz gets fit from all the fruit and vegetables she eats. In turn this helps here to keep the life force strong and beat the junk punks to save planet earth.
- **Development**. Tom eats lots of tomatoes to give him brain power. He can do eighty sums a minute! This brain power helps him come up with plans to beat the villains.
- Eating healthily is good for hair, skin and teeth.
- Eating healthily will help prevent becoming overweight or obese.
- A balanced diet will help prevent diseases such as heart disease and cancer.
- A nutritious diet will give you more energy to play with your friends and be more active.

Ask the students to draw pictures of a healthy lunch

OR

Ask students to draw a picture of the Food Dudes at meal time. Ask them to include all the healthy fruit and vegetables they have received so far from the Food Dudes.