



Day Three

Intermediate Classes (2nd, 3rd and 4th Class)



Recipe for a Healthy Lifestyle

The following resources have been designed as an extension to the Food Dudes Week, intermediate level, day three video. This resource links with the SPHE curriculum for 2nd, 3rd and 4th class pupils.

Video Message:

The intermediate level, day three video explains the importance of a healthy lifestyle and the different components of it, including physical activity and relaxation.

This activity is linked to the following **curricular area**:

SPHE: Myself > Taking care of body > Health and wellbeing

Key Curricular Learning Outcomes:

- ✓ To understand and appreciate what it means to be healthy and to have a balanced lifestyle.
- ✓ To realise that each individual has some responsibility for his/her health and that this responsibility increases as he/she gets older.

Teacher Guidelines:

- ✓ Ask pupils to identify what makes a healthy lifestyle. Encourage them to think for example, about eating healthy food for energy, physical activity, and wellbeing.
- ✓ Give each pupil a Recipe for a Healthy Lifestyle Activity Sheet and ask them to complete based on their own hobbies, likes, dislikes etc.
- ✓ After they have completed their recipe, pupils can draw in the box provided a picture of their favourite things to do along with a paragraph about it.
- ✓ This activity can be completed on the activity sheet provided or in copy books.
- ✓ Recipes can be presented on the board once complete.



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Example:

Ingredients:

1. 30- minute walk.
2. 1 hour doing your favourite lesson in school.
3. Eat 4 vegetables a day.
4. Eat 3 juicy pieces of fruit a day.
5. Write a 1 page diary entry.
6. Spend 45 mins playing a game with your brother or sister.

Method:

The sentences below can be used as a guide for pupils, the underlined words are given as examples but can be personalised by pupil.

- A. Begin with a healthy breakfast of fruit and oats.
- B. Stir in a brisk walk to school with a friend.
- C. Pop in a pinch of your favourite thing to learn in school.
- D. Fill up your body with a nourishing dinner of healthy vegetable curry.
- E. Sweeten your day with a healthy dessert of mixed fruit and yoghurt.
- F. Simmer down and spend some time relaxing, doing a jigsaw with your dad/ playing ball with your dog.
- G. Garnish with a bedtime story/ going to bed on time / getting plenty of sleep.



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Recipe for a Healthy Lifestyle

Have fun creating your own recipe for a Healthy Lifestyle and share with your family

Ingredients:

1. _____
2. _____
3. _____
4. _____
5. _____

Method:

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____

My Healthy Lifestyle Reflections:

Charlie and Tom like to reflect on the day or week that they have had. Write a paragraph describing your favourite things you did to relax, exercise, eat well etc. last week. Draw a picture in the box provided to accompany your reflections. Be sure to include all of the important people in your healthy lifestyle e.g. gym coach/ piano teacher. And don't forget to add some pictures of any healthy foods you have eaten to feed your life-force!

