



HEALTH & PLANET



3-6



4 and up



**HEALTHY PLANET,
HEALTHY ME**



15-20 min



We can only understand the environmental education if we treat it simultaneously with what we traditionally know as value education. Children won't take care of the environment if they don't usually respect either themselves (health) or other people.

The objectives are:

- to promote acceptance of food items;
- to promote pro-activity regarding hygiene.

So it is clear that we have to educate children in order to share, respect, love, believe, trust, know, care ... not only of the planet but also themselves.



Colored pencils, scissors, glue, blank A4 papers...
Sheets (download link provided)



Activity number 1) WHAT CAN WE EAT (HEALTHY)?

Facilitator tells the children:

When we are born and we are still babies we only eat milk; but as we are growing up we need other kinds of food items. That's why we start having teeth.

Do you know what happens to the cars if they are run out of petrol? They stop and don't work any longer. The same would happen to us if we didn't eat. Food items give us energy to move our bodies; so we run, jump and play thanks to them. If we don't eat much we will be thin and weak; but it's not a good thing to eat a lot either, because we get fat.

So, what's the solution? We have to eat a little bit of everything.

What does mom/dad usually prepare us for lunch? (Give the children some time to think about that and to share the answers with the group).

Print supplementary material: <http://waece.org/contenido/noticias/wp-content/uploads/2019/01/food.pdf>

The teacher will cut up the cards and give them to the children. The children will colour the drawings and they will talk about their favourite food items and the ones they don't like at all. After this they will glue the drawings on a mural.

Finally children will perform several things we can do in order that the food agrees with us:

To wash our hands before the meals

To chew everything very well (plenty of times each bite)

To wash our teeth after each meal

...

Activity number 2) WE WASH OURSELVES:

We work on: Observation & Initiative in hygiene.

Facilitator will get images of children washing their hands and their teeth, eating and painting. The teacher prints one illustration for each child from the supplementary material:



http://waece.org/contenido/noticias/wp-content/uploads/2019/01/healthyme_aval.pdf

The children observe the illustrations and comment on the different actions that are represented in the sheet.

They cut up the images and set them up according to the hygiene rules.

Glue the images on a mural.

Once the activity is finished the children will wash and dry their hand.