

HEALTHY & SUSTAINABLE LIFESTYLE (LEVEL 1)

Description	Learners will be introduced to recommendations on how to maintain physical and mental health, and then will be asked to try them out and monitor how they feel along the way.
Leading Question	Is my family leading a healthy and sustainable lifestyle?
Total Time Required	~7 hours over 8 days
Supplies Required	Paper and pencil.
Learning Outcomes	<ol style="list-style-type: none"> 1. Data collection and representation in tables and graphs 2. Understanding and calculating the average 3. Learning about recommendations to maintain physical and mental health, and practicing those
Previous Learning	Addition and simple division (for some exercises)

DAY 1

Today you will learn about how to keep a healthy body and mind!

Suggested Duration	Activity and Description								
10 minutes	<ul style="list-style-type: none"> • In this project, we will look at how we can keep good health for our body and mind. • Body health requires eating well, exercising, and sleeping well. • For mental health, we need to be optimistic, grateful, and talk to people we trust to calm down if we are afraid or worried about something. 								
15 minutes	<p>Sleeping habits:</p> <ul style="list-style-type: none"> • Draw on a piece of paper a weekly log of your sleeping time. Here's one example of how that log can look like: <table border="1" style="margin-left: 40px;"> <thead> <tr> <th>Day</th> <th>time I went to bed</th> <th>time I woke up</th> <th>How much time I slept</th> </tr> </thead> <tbody> <tr> <td>Monday</td> <td>7:45</td> <td></td> <td></td> </tr> </tbody> </table>	Day	time I went to bed	time I woke up	How much time I slept	Monday	7:45		
Day	time I went to bed	time I woke up	How much time I slept						
Monday	7:45								



Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

*After 1 week, you will discuss the following questions:

- Are you getting enough sleep every night (between 10 and 12 hours)?
- Are you going to sleep before 8 pm every night?
- What needs to be done to make sure you go to bed before 8 pm and have 10-12 hours every night?

40 minutes

- To calculate the time you have slept, here is an example:

You went to bed at  in the evening and woke up at  in the morning.

How many hours have you slept?

- First let us tell the time on both clocks, and then we can calculate the hours slept. So, you went to bed at 7:00 in the evening, and woke up at 5:30 the next morning.
- Let's count how many hours you have slept:

Starting with 7 in your head, count as you do usually, except that once you reach 12 you must start with 1 again.

So, we have 7 in the head, we start counting: 8, 9, 10, 11, 12, 1, 2, 3, 4, 5, and a half. So you have slept 10 ½ hours (Ten and a half hours).

- Work on the Tell the time Worksheet, and then show the answers to parents. Hang it on the wall in your bedroom to note down the data on it everyday.
- Once you have the data filled for 1 whole week, you will reflect on the following questions:
 - Are you getting enough sleep every night (between 10 and 12 hours)?
 - Are you going to sleep before 8 pm every night?

- What do you need to do to make sure you go to bed before 8 pm and have 10-12 hours every night?

30 minutes

Eating habits

My Healthy Plate

My Healthy Plate is a friendly easy-to-understand visual guide for creating balanced and healthy meals. It shows you what to eat in the right amounts for each meal, so that you can practice good eating habits.



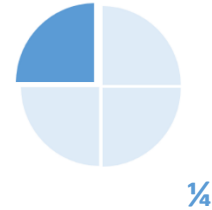
Source: <https://www.gasolfoundation.org/en/downloadable-healthy-plate/>

- Think about the food you ate yesterday and categorize it under the four food types below: grains, vegetables (veggies), fruits and proteins.
- Record your findings in the table below.

Food Type	Food you ate yesterday
Grains	
Fruits	
Proteins	
Vegetables	

Compare the type of food you ate yesterday (you have indicated in the table) to the proportions shown in the My Healthy plate above*:

- $\frac{1}{4}$ Grains (bread, rice, pasta, ...)
- $\frac{1}{4}$ Protein (beans, fish, eggs, meat)
- A little more than $\frac{1}{4}$ Vegetables
- A little less than a $\frac{1}{4}$ fruits
- Use healthy oils with the food



one quarter is one of 4 similar parts

- *It is worth mentioning that traditional ways of eating are also a good guide to good food and good health. The above is just a universal suggestion of a healthy diet. See examples of [Traditional Diets](https://oldwayspt.org/) adapted from <https://oldwayspt.org/>
- Discuss with the family:
 - The importance of eating balanced and healthy meals
 - To what extent was your food intake as balanced as recommended by experts in the My Healthy Plate above.
- **Drinking water**
 - The human body is about 60% water. The body constantly loses water throughout the day mostly through urine, sweat and from regular body functions like breathing. To prevent dehydration, you need to drink a lot of water even if you are not thirsty.
 - Health experts recommend:
 - 5 glasses (1 liter) for 5 to 8-year old
 - 7 glasses (1.5 liters) for 9 to 12 year olds
 - 8 to 10 glasses (2 liters) for 13+ years
 - **Do you usually drink as much as recommended daily?**
- Draw a table like the one below to monitor your daily eating habits.
 - In the first column, answer with a Yes or No.
 - In the second column, draw a glass of water every time you drink one.



Day	Was my food intake balanced as in the Healthy Plate diagram?	Glasses of water I drank
Monday		

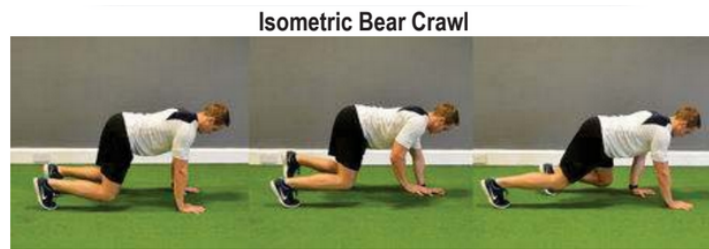
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

- At the end of the week, present the compiled results to the family and discuss the below questions:
 - What was the total number of Yes, versus No answers?
 - Did you drink enough water every day?
 - What do you need to do to improve your eating and drinking water habits to make them more health nourishing?
 - Should you change the time of your meals, cooking patterns, or ingredients?

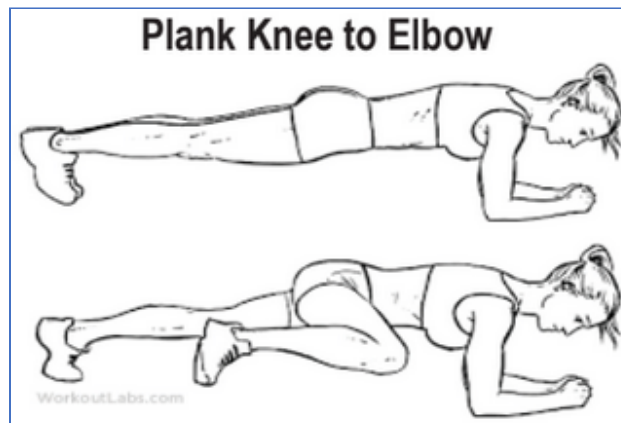
DAY 2

Today you will learn about physical exercise you can do at home.

Suggested Duration	Activity and Description
15 minutes	<ul style="list-style-type: none"> ● Let's start today with a mental health check <ul style="list-style-type: none"> - Recall 3 things that you are grateful for. Express each in one or more words. Draw a representation of it if you can. - Being grateful means being highly appreciative and showing kindness. ● Physical Workout ● From the World Health Organization (WHO): <ol style="list-style-type: none"> 1. Children should do 60 minutes of moderate- to vigorous-intensity physical activity daily. <p>Source: WHO-Global Recommendations on Physical Activity for Health https://www.who.int/dietphysicalactivity/global-PA-recs-2010.pdf</p>
20 minutes	<ul style="list-style-type: none"> ● As mentioned above, you are required to do physical activity daily, and to show your daily exercise time on a bar graph. ● Aerobic activity examples that can be done indoors.



Full Burpee OR Half Burpee



Jumping Jacks



15 minutes

- You are required to workout daily at home, or outside keeping a far distance from others, and to note down the time of your daily workout minutes in a table like the one below:

Day	Workout minutes
Monday	60
Tuesday	45
Wednesday	75
Thursday	60
Friday	45
Saturday	60
Sunday	75

30 minutes

- Observe 3 family members and note down how many times they touch their face in 15 minutes. Tell them that you will be observing them for an experiment that is beneficial for them.
 - Observe one family member at a time. Note down the times they touch their face using a tally chart and write it in the below table.
- When collecting the information, for every touch of the face, a line would be drawn in the correct box. When you get to five lines, the fifth line needs to be crossed through the first four. See the examples below for a 4 followed by a 5.



Family member	No. of times they touch their face in 15 minutes	Estimate for 1 hour

- In the above table, you must multiply by 4 the number you counted in 15 minutes, and the answer will be the estimate for 1 hour.
- If you are not comfortable multiplying, you can add the number 4 times because 1 hour contains 4 15-minute-time slots:



15 minutes

- Show the results to family members. Ask them if they expected this? Now knowing the estimate of how much they touch their face in an hour, what will they do the next time they go out? They must be careful not to touch their face when their hands are not washed in order to eliminate the chances of catching the Covid19 infection

All day long

- Remember to:
 - Record data on the daily eating habits table
 - Fill in the Sleeping log
 - Conduct your daily workout and note down the time in the table
- Did you record the data from yesterday? Have you faced any difficulties doing that?

DAY 3

Today you will continue your healthy and sustainable lifestyle with a mental health check.

Suggested Duration	Activity and Description
15 minutes	<ul style="list-style-type: none"> ● Mental health check <ul style="list-style-type: none"> - We must always check on and review our purpose and goal in life: - What do you want to be when you grow up? - How will that help other people, or our planet?
5 minutes	<ul style="list-style-type: none"> ● Remember to: <ul style="list-style-type: none"> - Record data on the daily eating habits table - Fill in the Sleeping log - Conduct your daily workout and note down the time in the table

DAY 4

Today you will continue your healthy and sustainable lifestyle with a mental health check, physical exercise and monitoring your eating habits.

Suggested Duration	Activity and Description
20 minutes	<ul style="list-style-type: none"> • Mental health check <ul style="list-style-type: none"> - Do you sometimes have strong feelings that you like to tell someone about? Feelings like fears, worries, sadness, pride...? - To whom do you usually express your feelings? - Is there anything you want to talk about today?
60-70 minutes	<ul style="list-style-type: none"> • Do a 1-hour workout at home • Monitor daily eating habits and record scores in the respective table • Write your sleeping hours in the sleeping log

DAY 5-7

Today you will continue your healthy and sustainable lifestyle with a mental health check, physical exercise and monitoring your eating habits.

Suggested Duration	Activity and Description
60-70 minutes	<ul style="list-style-type: none"> • Do a 1-hour workout at home • Monitor daily eating habits and record scores in the respective table • Write your sleeping hours in the sleeping log.

Weekly food menu

Develop a weekly food menu for the family using locally available affordable foods which can enable them and the family members to select a My Healthy plate:

Day of Week	Fruit Options	Vegetable Options	Lean Protein Options	Grains Options
Monday				

Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

DAY 8

Today you will show your parents what you've learned in the last week.

Suggested Duration	Activity and Description
15 minutes	<ul style="list-style-type: none"> Present to the family the sleeping log and the average sleeping hours that were calculated. <ul style="list-style-type: none"> Are you getting enough sleep every night (between 10 and 12 hours)? Are you going to sleep before 8 pm every night? What needs to be done to make sure you go to bed before 8 pm and have 10-12 hours every night?
15 minutes	<ul style="list-style-type: none"> Present to the family the Eating habits table, followed by a discussion. <ul style="list-style-type: none"> What was the total number of Yes, versus No answers? Did you drink enough water every day? What do you need to do to improve your eating and drinking water habits to make them more health nourishing? Should you change the time of your meals, cooking patterns, or ingredients?
15 minutes	<ul style="list-style-type: none"> Present your daily workout table, showing the daily workout duration. Calculate the average of your daily workout. Is the average close to 60 minutes? What can be done for you to complete 60 or more minutes of daily workout
15 minutes	<ul style="list-style-type: none"> Reflection: <ul style="list-style-type: none"> What did you appreciate the most about this project? Do you think you can lead a lifestyle that helps you maintain mental and physical health?

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- What were the family members willing to change and what were they reluctant to change?
 - How can you help or teach someone else to maintain a healthy lifestyle?
-

ASSESSMENT CRITERIA

- Tables and graphs are duly filled
- The graphs are accurate, and calculations are correct.
- Table of weekly food menu duly filled
- Learners show motivation and grit while working on activities
- Learners show ownership and enthusiasm when presenting their results at the end.

ADDITIONAL ENRICHMENT ACTIVITIES

- Create a journal of daily practices to be shared with friends.
- Lead daily workout sessions for the family
- Write down a suggested meal schedule for a week following the Healthy Plate model rations.

MODIFICATIONS TO SIMPLIFY

The project can be reduced to the Healthy Eating plate, sleeping log and daily workout graph.

TELL THE TIME WORKSHEET

What is the time? Under each of the clocks, write the time in the same format shown below

Example:



9:10



2. You went to bed at



in the evening and woke up at



in the morning.

How many hours have you slept?

TRADITIONAL DIETS



African Heritage Diet Pyramid



Illustration by George Middleton

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EAA welcomes feedback on its projects in order to improve, please use this link:

<https://forms.gle/LGAP9k17fMyJrKJN7>



ASIAN HERITAGE DIET PYRAMID



Mediterranean Diet Pyramid

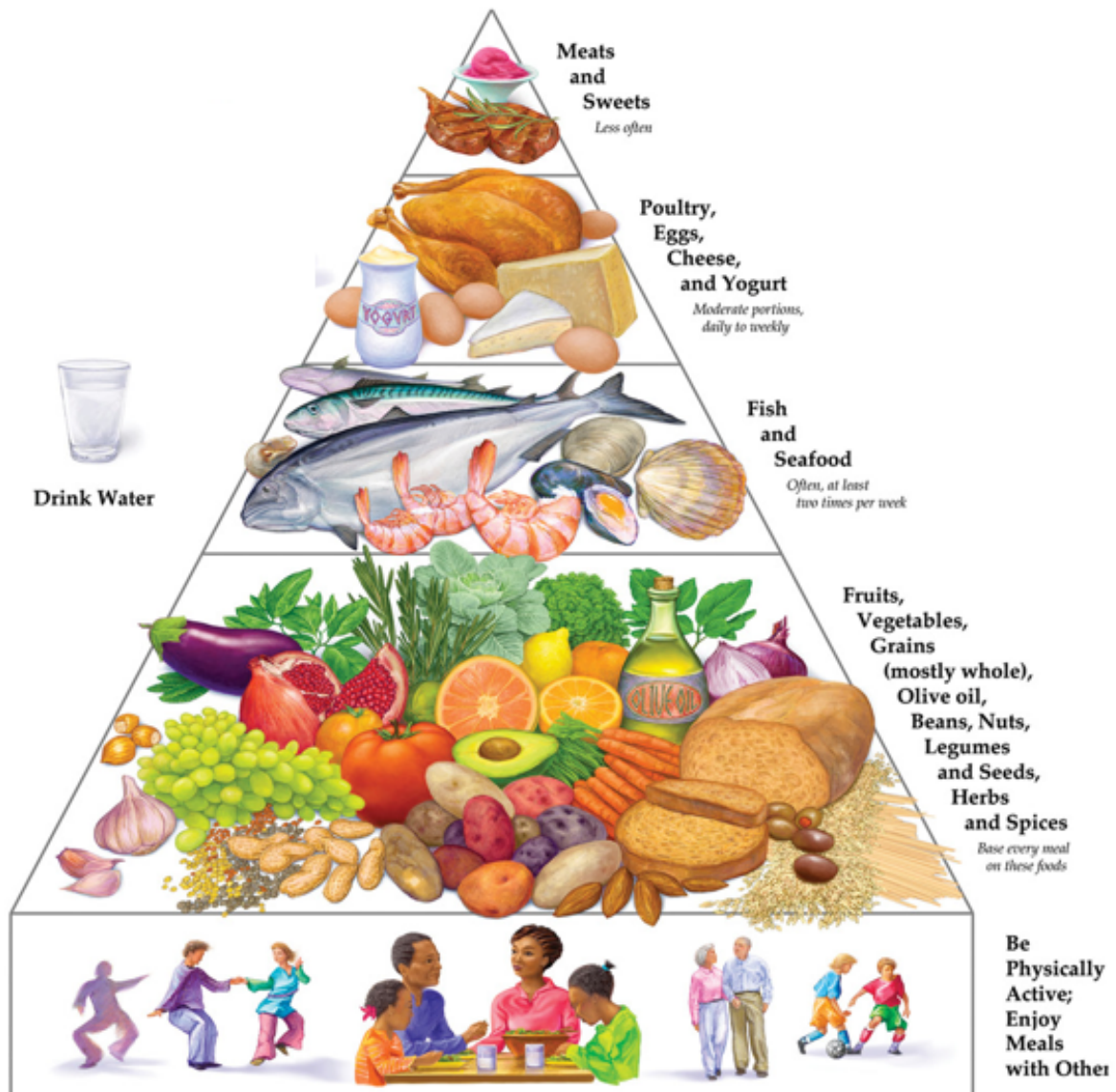


Illustration by George Middleton




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Appendix 1: Building blocks of a healthy diet

Food Type	Food type options
	<p>Vegetables: Vegetables protect us against heart disease and certain cancers</p> <p>Examples of vegetables: Cucumber, broccoli, cauliflower, asparagus, green beans, pepper, eggplant, spinach, tomatoes, banana, carrots, onions, squash, cabbage etc.</p>
	<p>Lean protein: Proteins help the body repair muscles and cartilage</p> <p>Lean protein sources: Chicken or turkey without skin, fish (salmon, tilapia) , lean cuts of beef or pork, beans, egg white, sea food, nuts, soy products, peanut butter etc.</p>
	<p>Fruits: Fruits provide important vitamins and minerals including potassium, vitamins A and C and folic acid. Vitamins help the body to fight diseases by boosting its immune system</p> <p>Examples of fruits include: Apples, bananas, blueberries, cherries, grapes, oranges, pears, strawberries etc.</p>



Whole grains: Whole grains are rich in carbohydrates (energy-giving), contain fiber and key nutrients such as iron, magnesium and folic acid.

Examples of whole grains include: brown rice, barley, millet, wheat, cereal, oatmeal, whole-grain bread etc.