

HEALTHY AND SUSTAINABLE LIFESTYLE

Ages 4 to 7 (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?
Learning outcomes:	<ul style="list-style-type: none"> • Gives reasons to explain the the importance of eating well, exercising, and sleeping well in keeping good health • Practicing good sleeping and eating habits • Understanding the importance of good mental health • Able to tell time correctly to the nearest 5 minutes • Able to collect data and represent it in tables and graphs • Understanding and calculating the average
Age group:	4-7
Subjects:	Math, Science (health)
Required previous learning:	Addition and simple division (for some of the exercises)
Total time required:	~7 hours over 8 days
Self-guided / Supervised activity:	Self guided over the first 3 days
Resources required:	Paper and pencil
Topics/concepts covered and skills developed	Health, Exercise, Mental Health, Physical Health, Sleep, Data Collection, Measuring time
Inspiration:	<ul style="list-style-type: none"> ○ 20 Essential life lessons we learned from Mister Rogers ○ The iEARN project: Staying Healthyhttps://oldwayspt.org/

Day	Time	Activity and Description
1	10 minutes	Introduction: -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. -To take care of our mind, 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	<ul style="list-style-type: none"> • Sleeping habits <ul style="list-style-type: none"> - Ask the learners how many hours they slept last night? - Ask them if they felt that it was enough. Listen to a few answers.

		<ul style="list-style-type: none"> - Tell them that, for their age group, doctors recommended between 10 and 12 hours, preferably going to bed before 8:00 pm) - Ask them: Did you sleep last night a number of hours within the recommended range? - Do you think that, throughout the week, you sleep enough hours? How can you know that? <p>Ask learners to draw on a piece of paper a weekly log of their sleeping time. Here's one example of how that log can look like:</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="width: 25%;">Day</th> <th style="width: 25%;">time I went to bed</th> <th style="width: 25%;">time I woke up</th> <th style="width: 25%; background-color: #d9ead3;">How much time I slept</th> </tr> </thead> <tbody> <tr><td>Monday</td><td>7:45</td><td></td><td></td></tr> <tr><td>Tuesday</td><td></td><td></td><td></td></tr> <tr><td>Wednesday</td><td></td><td></td><td></td></tr> <tr><td>Thursday</td><td></td><td></td><td></td></tr> <tr><td>Friday</td><td></td><td></td><td></td></tr> <tr><td>Saturday</td><td></td><td></td><td></td></tr> <tr><td>Sunday</td><td></td><td></td><td></td></tr> </tbody> </table> <p>Is there anything else that you want to include?</p> <p>To calculate the time you have slept, here is an example:</p> <p>You went to bed at  in the evening, and woke up at  in the morning.</p> <p>How many hours have you slept?</p> <p>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.</p> <p>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.</p> <p>So, we have 7 in the head, we start counting: 8, 9, 10, 11, 12, 1, 2, 3, 4, 5, and a half 1/2</p> <p>So you have slept 10 ½ hours (Ten and a half hours).</p> <p>Learners work on the Tell the time Worksheet, and then show their answers to parents.</p>	Day	time I went to bed	time I woke up	How much time I slept	Monday	7:45			Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
Day	time I went to bed	time I woke up	How much time I slept																															
Monday	7:45																																	
Tuesday																																		
Wednesday																																		
Thursday																																		
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Saturday																																		
Sunday																																		

40 minutes

	<p>30 minutes</p>	<p>Criteria: Learners are able to tell the time correctly to the nearest 5 minutes.</p> <p>Hang it on the wall in your bedroom to note down the data on it everyday. Note: a parent might help with the spelling and reading the time, but it is preferred that the learner fills all required data into the table.</p> <p>*Once you have the data filled for 1 whole week, you will reflect on the following questions:</p> <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 do you need to do to make sure you go to bed before 8 pm and have 10-12 hours every night? <p>In case some of the reasons for you not going to bed before 8 pm are beyond your control e.g late supper time, you should plan to have a conversation with the responsible family member and give reasons why you need to sleep before 8 pm.</p> <p>Eating habits</p> <p>My Healthy Plate</p> <p>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.</p> 
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Source: <https://www.gasolfoundation.org/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.

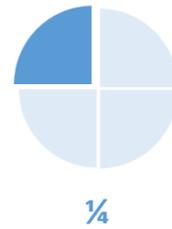
Record your findings in the table below.

Note: A family member might help with the food type, but it is preferred that the learner fills all required data into the table.

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/>

The learner should share and discuss the findings with the family

The discussion should include:

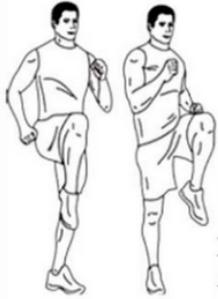
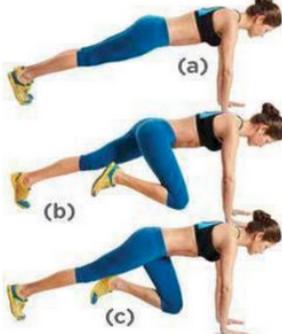
- The importance of eating balanced and healthy meals
- To what extent was your food intake as balanced as recommended by experts in the My Healthy Plate above.

☐ Drinking water

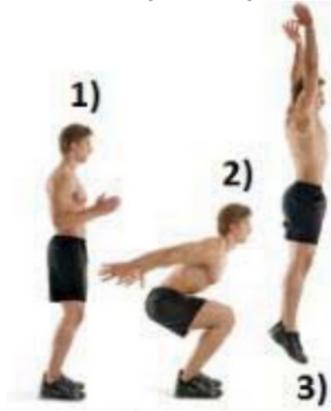
The human body is about 60% water. The body constantly loses water throughout the day mostly through urine, sweat and from regular body functions like breathing. To prevent dehydration, you need to drink a lot of water even if you are not thirsty. Health experts recommend:

- 5 glasses (1 liter) for 5 to 8 year olds
- 7 glasses (1.5 liters) for 9 to12 year olds

		<ul style="list-style-type: none"> 8 to 10 glasses (2 liters) for 13+ years <p>Do you usually drink as much as recommended daily?</p> <p>Draw a table like the one below to monitor your daily eating habits.</p> <p>In the first column, answer with a Yes or No.</p> <p>In the second column, draw a glass of water every time you drink one. </p> <table border="1"> <thead> <tr> <th>Day</th> <th>Was my food intake balanced as in the Healthy Plate diagram?</th> <th>Glasses of water I drank</th> </tr> </thead> <tbody> <tr> <td>Monday</td> <td></td> <td></td> </tr> <tr> <td>Tuesday</td> <td></td> <td></td> </tr> <tr> <td>Wednesday</td> <td></td> <td></td> </tr> <tr> <td>Thursday</td> <td></td> <td></td> </tr> <tr> <td>Friday</td> <td></td> <td></td> </tr> <tr> <td>Saturday</td> <td></td> <td></td> </tr> <tr> <td>Sunday</td> <td></td> <td></td> </tr> </tbody> </table> <p>*At the end of the week, learners will present the compiled results to the family and discuss the below questions:</p> <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? 	Day	Was my food intake balanced as in the Healthy Plate diagram?	Glasses of water I drank	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
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Monday																										
Tuesday																										
Wednesday																										
Thursday																										
Friday																										
Saturday																										
Sunday																										
2	15 minutes	<p>Let's start today with a mental health check:</p> <ul style="list-style-type: none"> Recall at least 3 things that you are grateful for. Express each in one or more words. You may also draw a representation of it. <p>Being Grateful means being highly appreciative and showing kindness.</p> <p>☐ Physical Workout</p>																								

	<p>20 minutes</p>	<p>From the World Health Organization (WHO):</p> <ol style="list-style-type: none"> 1. Children and youth aged 5–17 should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. 2. Amounts of physical activity greater than 60 minutes provide additional health benefits. 3. Most of the daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone, at least 3 times per week. <p>Source: WHO-Global Recommendations on Physical Activity for Health; https://www.who.int/dietphysicalactivity/global-PA-recs-2010.pdf</p> <p>As mentioned above, you are required to do physical activity daily, and to show your daily exercise time on a bar graph like the one below:</p> <p>Aerobic activity examples that can be done indoors:</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="399 835 659 1205"> <p>High Knees</p>  <p>high knees</p> </div> <div data-bbox="716 821 1344 1205"> <p>Mountain Climbers</p>  </div> <div data-bbox="1081 919 1344 1184">  </div> </div> <div data-bbox="399 1220 1105 1457"> <p>Isometric Bear Crawl</p>  </div>
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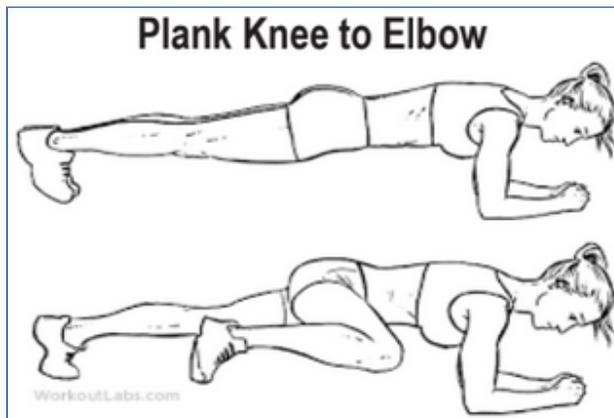
Squat Jumps

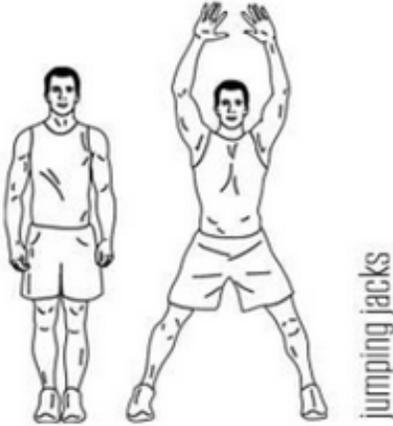


Full Burpee OR Half Burpee



Plank Knee to Elbow



		<p style="text-align: center;">Jumping Jacks</p>  <p>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:</p> <table border="1" data-bbox="393 995 807 1327"> <thead> <tr> <th>Day</th> <th>Workout minutes</th> </tr> </thead> <tbody> <tr> <td>Monday</td> <td>60</td> </tr> <tr> <td>Tuesday</td> <td>45</td> </tr> <tr> <td>Wednesday</td> <td>75</td> </tr> <tr> <td>Thursday</td> <td>60</td> </tr> <tr> <td>Friday</td> <td>45</td> </tr> <tr> <td>Saturday</td> <td>60</td> </tr> <tr> <td>Sunday</td> <td>75</td> </tr> </tbody> </table> <p>Numeracy Extension</p> <p>Observe 3 family members and note down how many times they touch their face in 15 minutes. You must tell them and get their consent that you will be observing them for an experiment that is beneficial for them. Then wait for some time before you start the 15-minute observation time to ensure that they do it naturally as usual.</p> <ul style="list-style-type: none"> - 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. <p>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</p>	Day	Workout minutes	Monday	60	Tuesday	45	Wednesday	75	Thursday	60	Friday	45	Saturday	60	Sunday	75
Day	Workout minutes																	
Monday	60																	
Tuesday	45																	
Wednesday	75																	
Thursday	60																	
Friday	45																	
Saturday	60																	
Sunday	75																	
	15 minutes																	
	30 minutes																	

		<p>through the first four. (This makes counting the lines at the end easier!). See below how after reaching 4 counts, the fifth is concluded with a crossed line. See the examples below for a 4 followed by a 5.</p>  <table border="1" data-bbox="394 552 1094 789"> <thead> <tr> <th>Family member</th> <th>No. of times they touch their face in 15 minutes</th> <th>Estimate for 1 hour</th> </tr> </thead> <tbody> <tr> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table> <p>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 the learner is not comfortable multiplying, they can add the number 4 times because 1 hour contains 4 15-minute-time-slots:</p>  <p>15 minutes</p> <p>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.</p> <p>All day long</p> <ul style="list-style-type: none"> <input type="checkbox"/> Remember to: <ul style="list-style-type: none"> <input type="radio"/> Record data on the daily eating habits table <input type="radio"/> Fill in the Sleeping log <input type="radio"/> Conduct your daily workout and note down the time in the table <p>Did you record the data from yesterday? Have you faced any difficulties doing that?</p>	Family member	No. of times they touch their face in 15 minutes	Estimate for 1 hour									
Family member	No. of times they touch their face in 15 minutes	Estimate for 1 hour												
3	15 minutes	<p>Mental health check</p> <ul style="list-style-type: none"> ● We must always check on and review our purpose and goal in life: 												

	5 minutes	<ul style="list-style-type: none"> - What do you want to be when you grow up? - How will that help other people, or our planet? <p>☐ Reminder to:</p> <ul style="list-style-type: none"> ○ record data on the daily eating habits table ○ Fill in the Sleeping log <p>Conduct your daily workout and note down the time in the table</p>																																								
4	20 minutes	<p>Mental health check</p> <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	<p>Learners do a 1-hour workout at home</p> <p>Learners monitor daily eating habits and record scores in the respective table</p> <p>Learners write their sleeping hours in the sleeping log</p>																																								
5-7	60-70 minutes	<p>Learners do a 1-hour workout at home</p> <p>Learners monitor daily eating habits and record scores in the respective table</p> <p>Learners write their sleeping hours in the sleeping log</p> <p>Weekly food menu</p> <p>Learners should 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</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Day of week</th> <th>Fruits options</th> <th>Vegetables options</th> <th>Lean proteins options</th> <th>Grains options</th> </tr> </thead> <tbody> <tr> <td>Monday</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Tuesday</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Wednesday</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Thursday</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Friday</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Saturday</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sunday</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <p>Note: The learner can make use of Appendix 1: Building blocks of a healthy diet when developing the options for the weekly food menu.</p>	Day of week	Fruits options	Vegetables options	Lean proteins options	Grains options	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday				
Day of week	Fruits options	Vegetables options	Lean proteins options	Grains options																																						
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Saturday																																										
Sunday																																										
8		Presentation to the family																																								

15 minutes	<p>1. The learner will present to the family the sleeping log, and the average sleeping hours that was calculated.</p> <table border="1" data-bbox="394 359 1330 695"> <thead> <tr> <th>Day</th> <th>time I went to bed</th> <th>time I woke up</th> <th>Sleep duration</th> </tr> </thead> <tbody> <tr><td>Monday</td><td></td><td></td><td></td></tr> <tr><td>Tuesday</td><td></td><td></td><td></td></tr> <tr><td>Wednesday</td><td></td><td></td><td></td></tr> <tr><td>Thursday</td><td></td><td></td><td></td></tr> <tr><td>Friday</td><td></td><td></td><td></td></tr> <tr><td>Saturday</td><td></td><td></td><td></td></tr> <tr><td>Sunday</td><td></td><td></td><td></td></tr> </tbody> </table> <p>- 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?</p>	Day	time I went to bed	time I woke up	Sleep duration	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
Day	time I went to bed	time I woke up	Sleep duration																														
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Sunday																																	
15 minutes	<p>2. The learner will present to the family his/her Eating habits table, followed by a discussion.</p> <table border="1" data-bbox="394 978 1247 1381"> <thead> <tr> <th>Day</th> <th>Was my food intake balanced as in the ideal plate diagram?</th> <th>Did I drink enough water?</th> </tr> </thead> <tbody> <tr><td>Monday</td><td></td><td></td></tr> <tr><td>Tuesday</td><td></td><td></td></tr> <tr><td>Wednesday</td><td></td><td></td></tr> <tr><td>Thursday</td><td></td><td></td></tr> <tr><td>Friday</td><td></td><td></td></tr> <tr><td>Saturday</td><td></td><td></td></tr> <tr><td>Sunday</td><td></td><td></td></tr> </tbody> </table> <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? 	Day	Was my food intake balanced as in the ideal plate diagram?	Did I drink enough water?	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday										
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15 minutes	<p>3. The learner will present their daily workout table, showing the daily workout duration.</p>																																

	15 minutes	<p>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?</p> <p>The learner will reflection on the whole project</p> <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? ○ 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:		<ul style="list-style-type: none"> - 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:	<ul style="list-style-type: none"> - 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

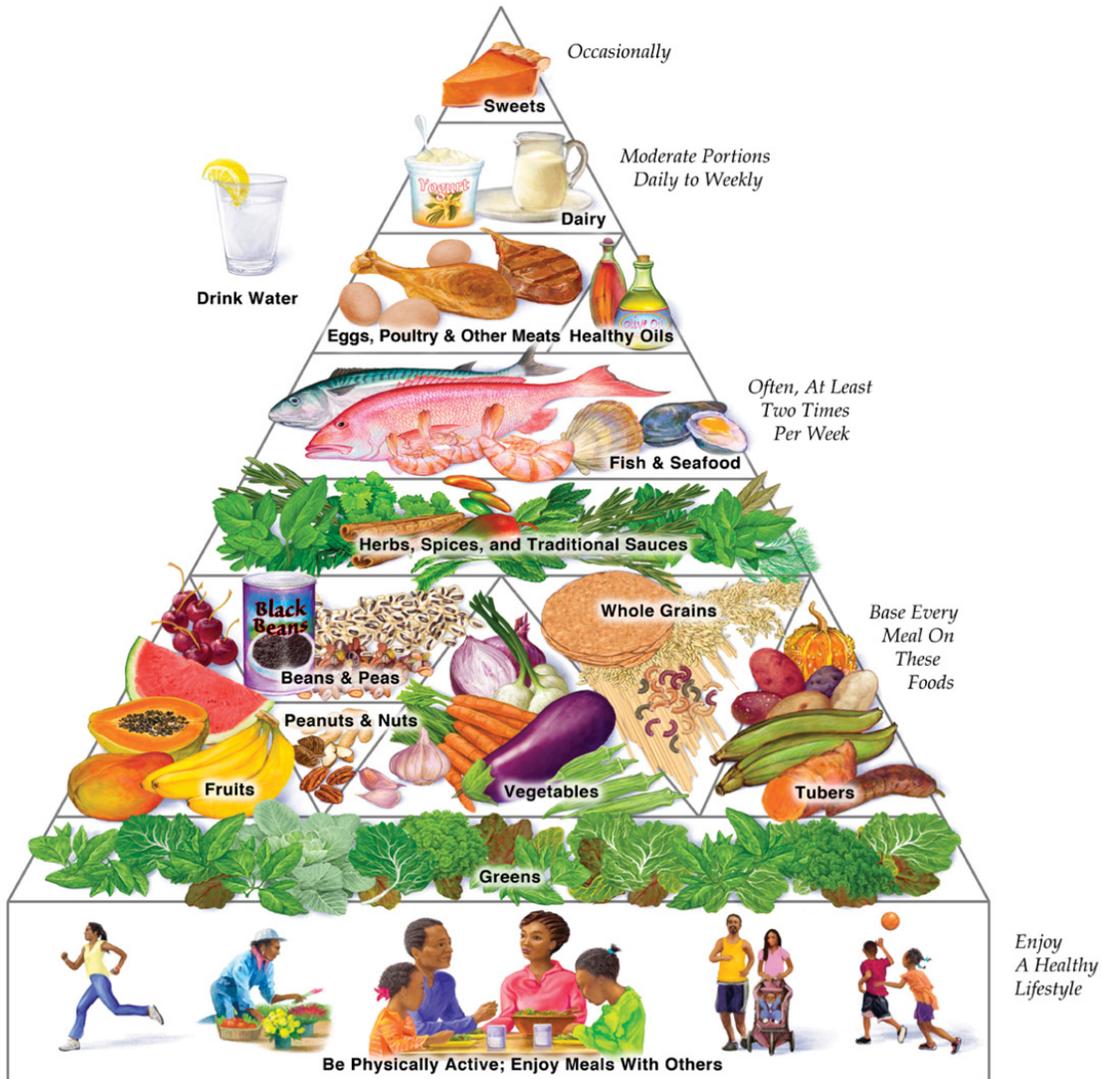


Illustration by George Middleton

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ASIAN HERITAGE DIET PYRAMID



Mediterranean Diet Pyramid

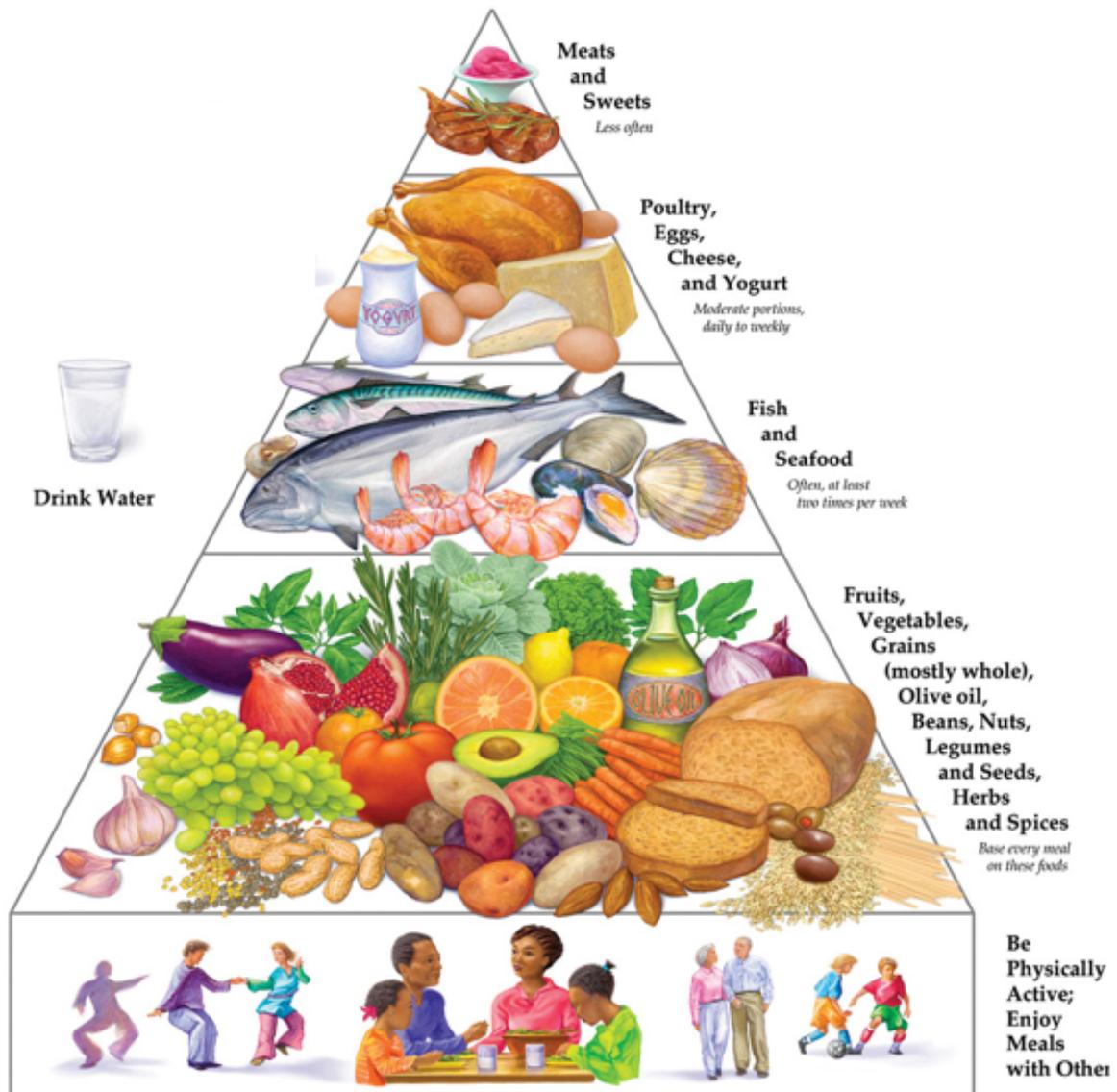


Illustration by George Middleton

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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.

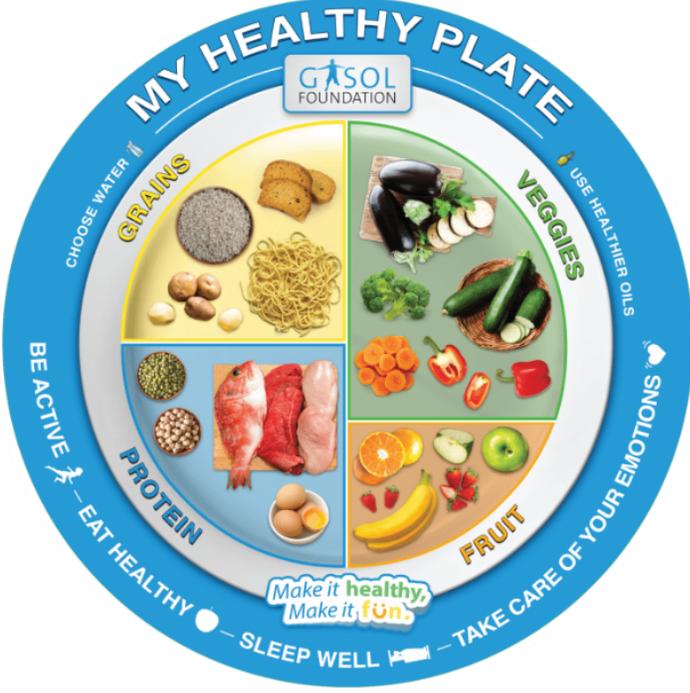
Ages 8 to 10 (Level 2)

Description:	Learners will be introduced to recommendations on how to maintain physical and mental health, and then will be asked to implement those and monitor along the way
Leading question:	Is my family leading a healthy and sustainable lifestyle?
Age group:	8-10
Subjects:	Math, Science (health)
Total time required:	~7 hours over 8 days
Self-guided / Supervised activity:	Half self guided over the first 3 days
Resources required:	Paper and pencil

Learning outcomes	<ul style="list-style-type: none"> • Understanding the importance of eating well, exercising and sleeping well in keeping good health for body and mind • Practicing good sleeping and eating habits • Understanding the importance of good mental health • Able to collect data and represent it in tables and graphs • Understanding and calculating the average
Required previous learning	Addition and simple division
Inspiration	<ul style="list-style-type: none"> o 20 Essential life lessons we learned from Mister Rogers o The iEARN project: Staying Healthy https://oldwayspt.org/

Topics/concepts covered and skills developed	<ul style="list-style-type: none"> • Good sleeping habits • Good eating habits • Physical exercises • My Healthy Plate • Good mental health • Data collection and representation in tables and graphs • Creativity • Presentation and communication skills • Reporting and presenting findings
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Day	Time	Activity and Description
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	<p>30 minutes</p>	<p>In case some of the reasons for you not to go to bed before 8 pm are beyond your control e.g late supper time, you should discuss with the responsible family member giving reasons why you need to sleep before 8 pm.</p> <ul style="list-style-type: none"> ● Eating habits <p>My Healthy Plate</p> <p>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.</p> <p>The Healthy Plate below was created by nutrition experts at Harvard School of Public Health. The My Healthy Plate should be accompanied by water.</p>  <p>Source: https://www.gasolfoundation.org/downloadable-healthy-plate/</p> <p>Reflect on the food you ate yesterday and categorize it under the four food types below: grains, vegetables (veggies), fruits and proteins.</p> <p>Record your findings in the table below</p>
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Food type	Food you ate yesterday
Grains	
Fruits	
Proteins	
Vegetables	

Compare the type of food you ate yesterday (as 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)
- $> \frac{1}{4}$ Vegetables
- $< \frac{1}{4}$ fruits
- Use healthy oils with the food

*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 modern universal suggestion of a healthy diet. See examples of [Traditional Diets](https://oldwayspt.org/) adapted from <https://oldwayspt.org/>

The learner should share and discuss the findings with the family
The discussion should include:

- The importance of eating balanced and healthy meals
- How do you feel about the suggestions given in My Healthy Plate?
- To what extent was your food intake as balanced as recommended by experts in the My Healthy Plate above.

☐ Drinking water

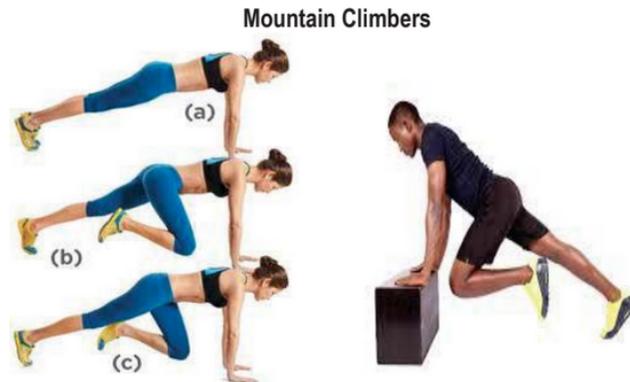
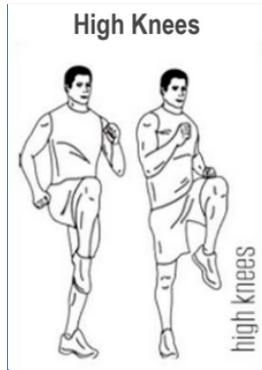
The human body is about 60% water. The body constantly loses water throughout the day mostly through urine, sweat and from regular body functions like breathing. To prevent dehydration, you need to drink a lot of water even if you are not thirsty. Health experts recommend:

- 5 glasses (1 liter) for 5 to 8 year olds
- 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?

20 minutes	<p>Draw a table like the one below to monitor your daily eating habits, and fill each row on a daily basis with a Yes or No.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Day</th> <th style="width: 35%;">Was my food intake balanced as in the Healthy Plate diagram?</th> <th style="width: 35%;">Did I drink enough water?</th> </tr> </thead> <tbody> <tr><td>Monday</td><td></td><td></td></tr> <tr><td>Tuesday</td><td></td><td></td></tr> <tr><td>Wednesday</td><td></td><td></td></tr> <tr><td>Thursday</td><td></td><td></td></tr> <tr><td>Friday</td><td></td><td></td></tr> <tr><td>Saturday</td><td></td><td></td></tr> <tr><td>Sunday</td><td></td><td></td></tr> </tbody> </table> <p>*At the end of the week, learners will present the compiled results to the family and discuss the below questions:</p> <ul style="list-style-type: none"> ○ What was the total number of Yes answers? ○ What was the total number of No answers? ○ How can we improve our eating and drinking water habits to make them more health nourishing? ○ Should we change the time of our meals, cooking patterns, or ingredients? <p>□ Physical Workout</p> <p>From the World Health Organization (WHO):</p> <ol style="list-style-type: none"> 1. Children and youth aged 5–17 should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. 2. Amounts of physical activity greater than 60 minutes provide additional health benefits. 3. Most of the daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone, at least 3 times per week. <p>Source: https://www.who.int/dietphysicalactivity/global-PA-recs-2010.pdf</p> <p>As mentioned above, you are required to do physical activity daily, and to show your daily exercise time on a bar graph like the one below:</p>	Day	Was my food intake balanced as in the Healthy Plate diagram?	Did I drink enough water?	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
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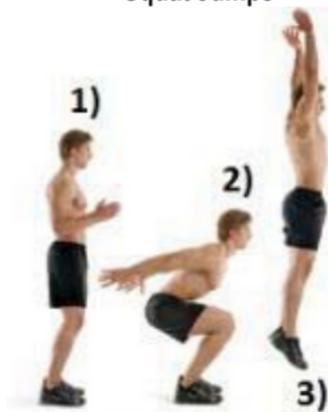
Aerobic activity examples that can be done indoors:



Isometric Bear Crawl



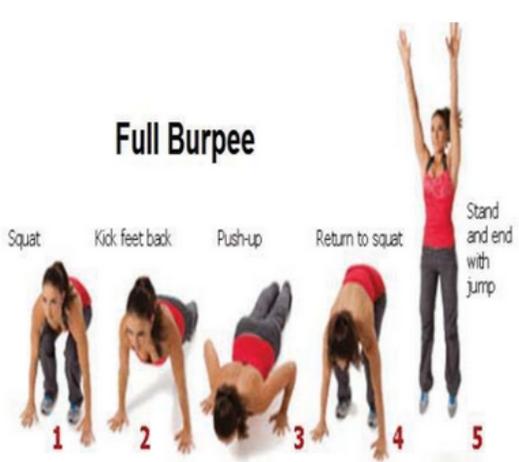
Squat Jumps



Full Burpee OR Half Burpee

Full Burpee

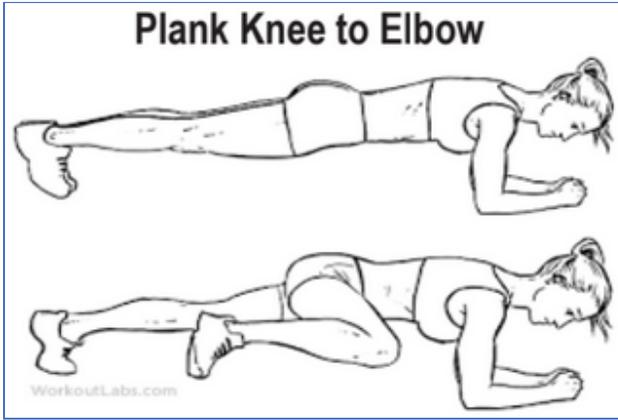
Squat Kick feet back Push-up Return to squat Stand and end with jump



Half Burpee



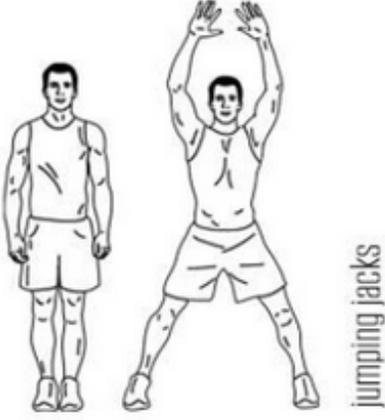
Plank Knee to Elbow



WorkoutLabs.com

15
minutes

Jumping Jacks



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, in order for it to be shown on a graph like the one below:

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



2	15 minutes	<p>Let's start today with a mental health check:</p> <ul style="list-style-type: none"> Recall at least 3 things that you are grateful for. Express each in one or more words. You may also draw a representation of it. <p>Being Grateful means being highly appreciative and showing kindness.</p>												
	45 minutes	<p>Numeracy Extension</p> <p>Observe 3 family members and note down how many times they touch their face in 15 minutes. You must tell them and get their consent that you will be observing them for an experiment that is beneficial for them. Then wait for some time before you start the 15 minute observation time to ensure that they do it naturally as usual.</p> <ul style="list-style-type: none"> 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. <p>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. (This makes counting the lines at the end easier!). See below how after reaching 4 counts, the fifth is concluded with a crossed line. See the examples below for a 4 followed by a 5.</p>  <table border="1" data-bbox="393 1119 1094 1356"> <thead> <tr> <th>Family member</th> <th>No. of times they touch their face in 15 minutes</th> <th>Estimate for 1 hour</th> </tr> </thead> <tbody> <tr> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table> <p>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.</p>	Family member	No. of times they touch their face in 15 minutes	Estimate for 1 hour									
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15 minutes	<p>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.</p>													
All day long	<p>Remember to record data on:</p> <ul style="list-style-type: none"> Record data on the daily eating habits table 													

		<table border="1"> <tr> <td>Saturday</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sunday</td> <td></td> <td></td> <td></td> <td></td> </tr> </table> <p>Note: The learner can make use of Appendix 1: Building blocks of a healthy diet when developing the options for the weekly food menu.</p>	Saturday					Sunday																										
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8	15 minutes	<p>Presentation</p> <p>1. The learner will present to the family your sleeping log, and the average sleeping hours that you calculated.</p> <table border="1"> <thead> <tr> <th>Day</th> <th>time I went to bed</th> <th>time I woke up</th> <th>Sleep duration</th> </tr> </thead> <tbody> <tr><td>Monday</td><td></td><td></td><td></td></tr> <tr><td>Tuesday</td><td></td><td></td><td></td></tr> <tr><td>Wednesday</td><td></td><td></td><td></td></tr> <tr><td>Thursday</td><td></td><td></td><td></td></tr> <tr><td>Friday</td><td></td><td></td><td></td></tr> <tr><td>Saturday</td><td></td><td></td><td></td></tr> <tr><td>Sunday</td><td></td><td></td><td></td></tr> </tbody> </table> <p>Average=?</p> <p>Is the average duration within the recommended range? If not, what can you do to get your sleep within the recommended range?</p>	Day	time I went to bed	time I woke up	Sleep duration	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
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	15 minutes	<p>2. The learner will present to the family his/her Eating habits table, followed by a discussion.</p> <table border="1"> <thead> <tr> <th>Day</th> <th>Was my food intake balanced as in the ideal plate diagram?</th> <th>Did I drink enough water?</th> </tr> </thead> <tbody> <tr><td>Monday</td><td></td><td></td></tr> <tr><td>Tuesday</td><td></td><td></td></tr> <tr><td>Wednesday</td><td></td><td></td></tr> <tr><td>Thursday</td><td></td><td></td></tr> <tr><td>Friday</td><td></td><td></td></tr> <tr><td>Saturday</td><td></td><td></td></tr> <tr><td>Sunday</td><td></td><td></td></tr> </tbody> </table> <p>○ What was the total number of Yes answers? ○ What was the total number of No answers?</p>	Day	Was my food intake balanced as in the ideal plate diagram?	Did I drink enough water?	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday										
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TRADITIONAL DIETS



African Heritage Diet Pyramid



Illustration by George Middleton

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www.oldwayspt.org



ASIAN HERITAGE DIET PYRAMID



Mediterranean Diet Pyramid

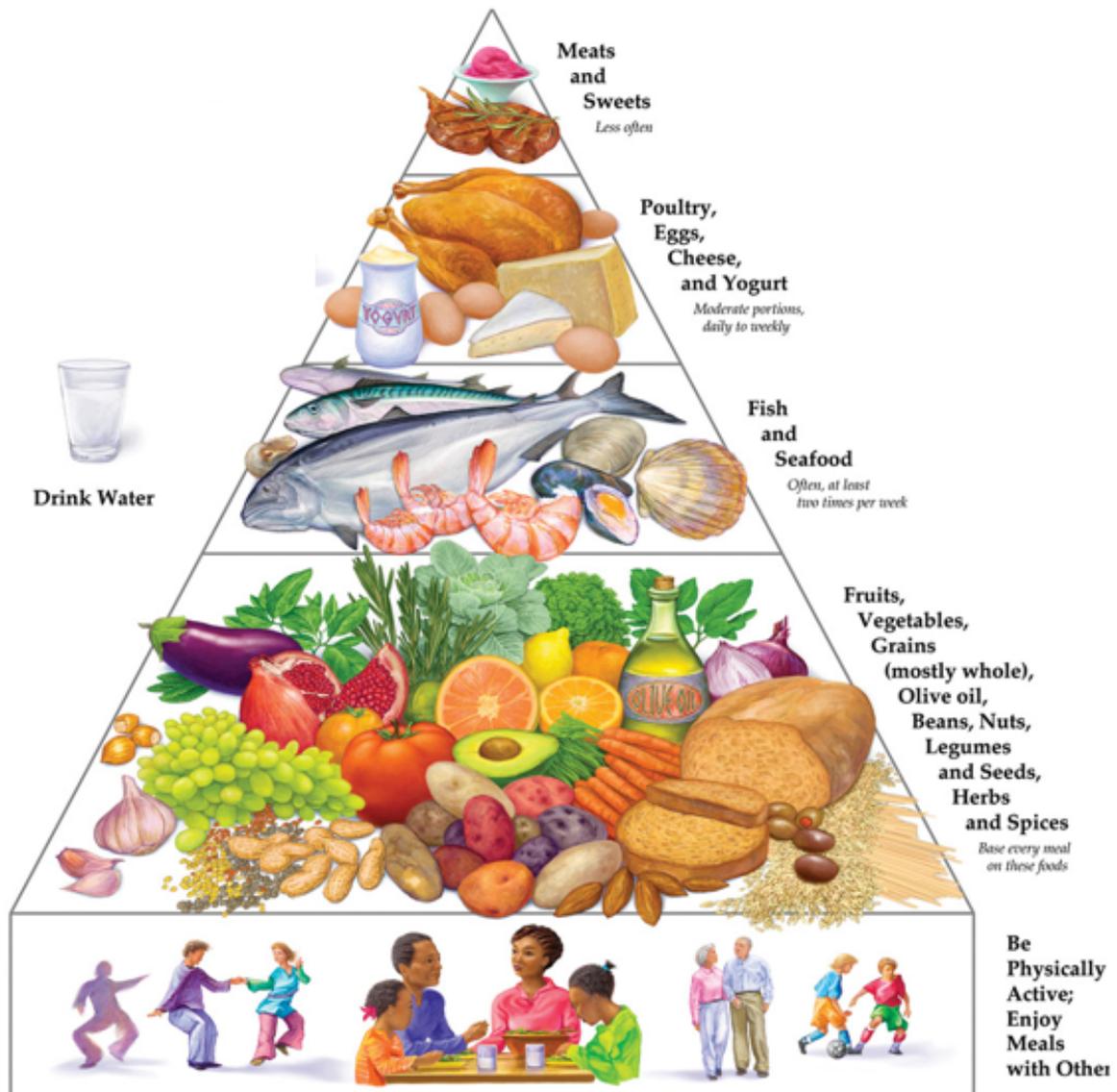


Illustration by George Middleton

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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.

Ages 11 to 14 (Level 3)

Description:	Learners will be introduced to recommendations on how to maintain physical and mental health, and then will be asked to implement these and monitor and present results using data handling skills.
Leading question:	Is my family leading a healthy and sustainable lifestyle?
Age group:	11-14
Subjects:	Math, Science (health)
Total time required:	~7 hours over 8 days
Self-guided / Supervised activity:	Low supervision required
Resources required:	Paper and pencil

Learning outcomes	<ul style="list-style-type: none"> • Understanding the importance of eating well, exercising and sleeping well in keeping good health for body and mind • Practicing good sleeping and eating habits • Understanding the importance of good mental health • Collecting data and representing it in tables and graphs • Understanding and correctly finding out the Median, Mean, Range and Mode of a data sets
Required previous learning	Arithmetic operations with decimals or fractions.
Inspiration	<ul style="list-style-type: none"> ○ 20 Essential life lessons we learned from Mister Rogers ○ The iEARN project: Staying Healthy ○ Qatar's Mathematics Curriculum Standards ○ https://oldwayspt.org/

Topics/concepts covered and skills developed	<ul style="list-style-type: none"> • Good sleeping habits • Good eating habits • Physical exercises • My Healthy Plate • Good mental health • Data collection and representation in tables and graphs • Creativity • Presentation and communication skills • Reporting and presenting findings
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Day	Time	Activity and Description																																
1	10 minutes	<p>Introduction: in this project, we will look at the various aspects of a health nourishing lifestyle, which helps to maintain physical health and mental health. Physical health is maintained through a balance of: eating, working out, and sleeping.</p> <p>Mental and psychological health can be maintained by having self-esteem, optimism, gratefulness, expressing feelings to people we trust, and having a life purpose and goals.</p> <p>Suggested mental health activities:</p> <ul style="list-style-type: none"> Express feelings, to those you trust, without hurting others. Try to be optimistic during hard times by focusing on the big picture and on positive aspects, as lessons learned. Regularly recall what you are grateful for. Always check on and review your purpose and goal in life: <ul style="list-style-type: none"> What do I want to do when I grow up? How will that help other people, or our planet? 																																
	15 minutes	<ul style="list-style-type: none"> Sleeping habits <p>Hours of sleep (recommended 9 to 11 hours for this age)</p> <p>How many hours did you sleep last night? Is the duration within the recommended range?</p> <p>On a piece of paper, draw a weekly log as shown below and hang it on the wall in your bedroom to note down the data on it every day:</p> <table border="1"> <thead> <tr> <th>Day</th> <th>time I went to bed</th> <th>time I woke up</th> <th>Sleep duration</th> </tr> </thead> <tbody> <tr> <td>Monday</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Tuesday</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Wednesday</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Thursday</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Friday</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Saturday</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sunday</td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <p>*Once you have the data filled for 1 whole week, calculate the Mean (average) and Median of your daily sleep duration:</p>	Day	time I went to bed	time I woke up	Sleep duration	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
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	<p>20 minutes</p>	<p>Mean = $\frac{\text{Sum of sleep duration for 7 days}}{7}$</p> <p>Median: is the middle value after organizing the values in an ascending order.</p> <p>Reflection</p> <p>Once you have the data filled for 1 whole week, you will reflect on the following questions:</p> <ul style="list-style-type: none"> - Are you having enough sleep every night (between 9 and 11 hours)? - Are you going to sleep before 9 pm every night? - What do you need to do to make sure you go to bed before 9 pm and have 9-11 hours every night? <p>In case some of the reasons for you not going to bed before 8 pm are beyond your control e.g late supper time, you should discuss with the responsible family member giving reasons why you need to sleep before 8 pm.</p> <ul style="list-style-type: none"> ● Eating habits <p>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.</p> <p>The Healthy Plate below was created by nutrition experts at Harvard School of Public Health. The My Healthy Plate should be accompanied by water</p> 
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Source: <https://www.gasolfoundation.org/downloadable-healthy-plate/>

Reflect on 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 (indicated in the table) to the proportions shown in the My Healthy Plate*:

- $\frac{1}{4}$ Grains (bread, rice, pasta, ...)
- $\frac{1}{4}$ Protein (beans, fish, eggs, meat)
- $> \frac{1}{4}$ Vegetables
- $< \frac{1}{4}$ fruits
- Use healthy oils with the food

*It is worth mentioning that traditional ways of eating are the ideal guide to good food and good health. The above is just a modern universal suggestion of a healthy diet. See examples of [Traditional Diets](https://oldwayspt.org/) adapted from <https://oldwayspt.org/>

☐ 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:

- 8 glasses (1.5 liters) for 9 to12 year olds
- 10 glasses (2 liters) for 13+ years (assuming 200 ml /glass)

Do you usually drink as much as recommended daily?

Draw a table like the one below to monitor your daily eating habits and use tally marks to count the glasses of water you drink every day.

Day	Was my food intake balanced as in the Healthy Plate diagram?	Number of glasses of water per day
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Then calculate the mean, median, range and mode of the number of water glasses you drink per day.
 The range = Highest – Lowest
 Mode: is the most frequent number.

At the end of the week, learners will present the compiled results to the family and discuss the below questions:

- What was the total number of Yes versus No answers for the eating habits?
- What were the mean, median, range and mode of glasses of water you drank everyday?
- How can we improve our eating and drinking water habits to make them more health nourishing?
- Should we change the time of our meals, cooking patterns, or ingredients?

□ **Physical Workout**

From the World Health Organization (WHO):

1. Children and youth aged 5–17 should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily.
2. Amounts of physical activity greater than 60 minutes provide additional health benefits.
3. Most of the daily physical activity should be aerobic. Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone, at least 3 times per week.

Source: <https://www.who.int/dietphysicalactivity/global-PA-recs-2010.pdf>

As mentioned above, you are required to do physical activity daily, and to show your daily exercise time on a bar graph like the one below:

Aerobic activity examples that can be done indoors:

20
minutes

		<p>High Knees</p>  <p>high knees</p> <p>Mountain Climbers</p>  <p>Isometric Bear Crawl</p>  <p>Squat Jumps</p> 
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Full Burpee OR Half Burpee

Full Burpee

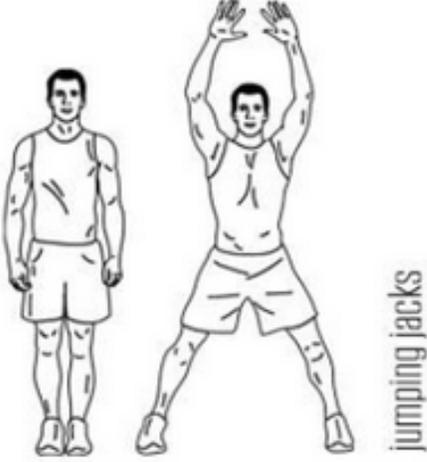
Squat Kick feet back Push-up Return to squat Stand and end with jump

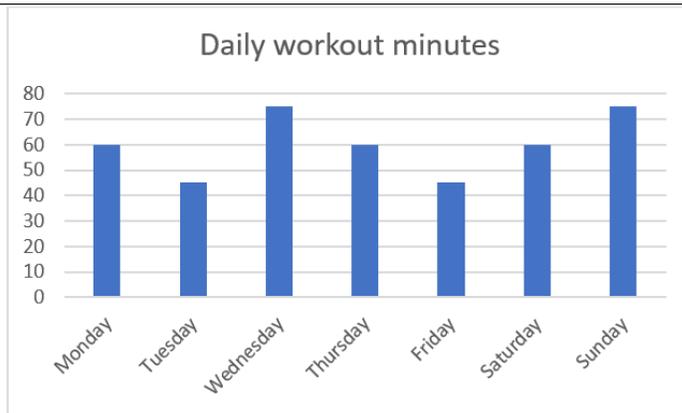
1 2 3 4 5

Half Burpee

Plank Knee to Elbow

WorkoutLabs.com

	<p>15 minutes</p>	<h3 style="text-align: center;">Jumping Jacks</h3> <div style="text-align: center;">  </div> <p>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, in order for it to be shown on a graph like the one below:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #d9e1f2;">Day</th> <th style="background-color: #d9e1f2;">Workout minutes</th> </tr> </thead> <tbody> <tr> <td>Monday</td> <td style="text-align: center;">60</td> </tr> <tr> <td>Tuesday</td> <td style="text-align: center;">45</td> </tr> <tr> <td>Wednesday</td> <td style="text-align: center;">75</td> </tr> <tr> <td>Thursday</td> <td style="text-align: center;">60</td> </tr> <tr> <td>Friday</td> <td style="text-align: center;">45</td> </tr> <tr> <td>Saturday</td> <td style="text-align: center;">60</td> </tr> <tr> <td>Sunday</td> <td style="text-align: center;">75</td> </tr> </tbody> </table>	Day	Workout minutes	Monday	60	Tuesday	45	Wednesday	75	Thursday	60	Friday	45	Saturday	60	Sunday	75
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2
15
minutes

45
minutes

Let's start today with a mental health check:

- Recall at least 3 things that you are grateful for. Express each in one or more words. You may also draw a representation of it.

 Being Grateful means being highly appreciative and showing kindness.

Numeracy Extension

Observe 3 family members and note down how many times they touch their face in 15 minutes. You must tell them and get their consent that you will be observing them for an experiment that is beneficial for them. Then wait for some time before you start the 15 minute observation time to ensure that they do it naturally as usual.

- 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. (This makes counting the lines at the end easier!). See below how after reaching 4 counts, the fifth is concluded with a crossed line. 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

	15 minutes	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.
	10 minutes	<p>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.</p> <p><input type="checkbox"/> Remember to record data on:</p> <ul style="list-style-type: none"> <input type="radio"/> Record data on the daily eating habits table <input type="radio"/> Fill in the Sleeping log <input type="radio"/> Conduct your daily workout and note down the time in the table <p>Did you record the data from yesterday? Have you faced any difficulty doing that?</p>
3	15 minutes	Mental health check
	30 minutes	<ul style="list-style-type: none"> ● We must always check on and review our purpose and goal in life: <ul style="list-style-type: none"> - What do you want to be when you grow up? - How will that help other people, or our planet? <p>Numeracy Extension</p> <p>Solve the Data handling Worksheet without using a calculator, then share your work and answers with your parents. Criteria: logically following the formulas, and reaching correct answers.</p>
	10 minutes	Present your work and answers to parents.
	All day long	<p>Answer Key</p> <p>1. c 8.86 or $8\frac{6}{7}$ °C</p> <p>2. a 1 b 4</p> <p>3. 13.7 seconds</p> <p>4. a 50.89 or $50\frac{8}{9}$ matches b. 49 c. 5 d. 52</p> <p><input type="checkbox"/> Reminder to:</p> <ul style="list-style-type: none"> <input type="radio"/> Record data on the daily eating habits table

		<ul style="list-style-type: none"> ○ Fill in the Sleeping log <p>Conduct your daily workout and note down the time in the table</p>																																								
4	20 minutes	<p>Mental health check</p> <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? ● Are there any feelings or worries that you want to talk about today? 																																								
	60-70 minutes	<p>Learners do a 1 hour workout at home</p> <p>Learners monitor daily eating habits and record scores in the respective table</p> <p>Learners write their sleeping hours in the sleeping log</p>																																								
5-7	60-70 minutes	<p>Learners do a 1 hour workout at home</p> <p>Learners monitor daily eating habits and record scores in the respective table</p> <p>Learners write their sleeping hours in the sleeping log</p> <p>Weekly food menu</p> <p>Learners should 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</p> <table border="1"> <thead> <tr> <th>Day of week</th> <th>Fruits options</th> <th>Vegetables options</th> <th>Proteins options</th> <th>Grains options</th> </tr> </thead> <tbody> <tr> <td>Monday</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Tuesday</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Wednesday</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Thursday</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Friday</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Saturday</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Sunday</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <p>Note: The learner can make use of Appendix 1: Building blocks of a healthy diet when developing the options for the weekly food menu.</p>	Day of week	Fruits options	Vegetables options	Proteins options	Grains options	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday				
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Saturday																																										
Sunday																																										
8	15 minutes	<p>Presentation</p> <p>1. The learner will present to the family your sleeping log, and the average sleeping hours that you calculated.</p> <table border="1"> <thead> <tr> <th>Day</th> <th>time I went to bed</th> <th>time I woke up</th> <th>Sleep duration</th> </tr> </thead> <tbody> <tr> <td>Monday</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Tuesday</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Day	time I went to bed	time I woke up	Sleep duration	Monday				Tuesday																															
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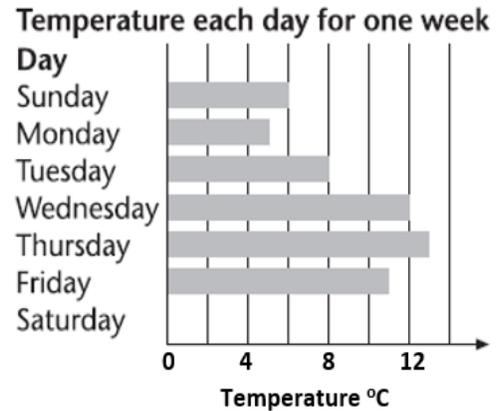
	15 minutes	Wednesday																											
		Thursday																											
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		Sunday																											
<p>Mean = $\frac{\text{Sum of sleep duration for 7 days}}{7} = ?$</p> <p>Median =? (The middle value after organizing the values in an ascending order.)</p> <p>Are the mean and median within the recommended range? If not, what can you do to get your sleep within the recommended range?</p>																													
<p>2. The learner will present to the family his/her Eating habits table:</p> <table border="1"> <thead> <tr> <th>Day</th> <th>Was my food intake balanced as in the ideal plate diagram?</th> <th>Did I drink enough water?</th> </tr> </thead> <tbody> <tr> <td>Monday</td> <td></td> <td></td> </tr> <tr> <td>Tuesday</td> <td></td> <td></td> </tr> <tr> <td>Wednesday</td> <td></td> <td></td> </tr> <tr> <td>Thursday</td> <td></td> <td></td> </tr> <tr> <td>Friday</td> <td></td> <td></td> </tr> <tr> <td>Saturday</td> <td></td> <td></td> </tr> <tr> <td>Sunday</td> <td></td> <td></td> </tr> </tbody> </table>						Day	Was my food intake balanced as in the ideal plate diagram?	Did I drink enough water?	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
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<p>Present & discuss the below with your family:</p> <ul style="list-style-type: none"> ○ What was the total number of Yes versus No answers for the eating habits? ○ What were the mean, median, range and mode of glasses of water you drank everyday? ○ How can we improve our eating and drinking water habits to make them more health nourishing? ○ Should we change the time of our meals, cooking patterns, or ingredients? 																													
<p>15 minutes</p> <p>Present your daily workout table, along with the graph showing the daily workout duration.</p> <p>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?</p>																													
<p>15 minutes</p> <p>Reflection</p>																													

	<p>The learner will reflect on the whole project</p> <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? ○ 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:	<ul style="list-style-type: none"> - 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:	<ul style="list-style-type: none"> - 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.

DATA HANDLING WORKSHEET

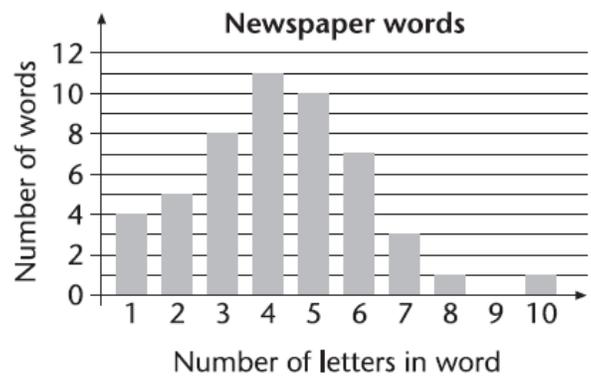
1. Here is a chart of the maximum temperature each day for a week in a Mediterranean city in January.

- The temperature on Saturday was 7°C. Draw in the bar for Saturday.
- Make a table showing the same information as on the bar chart.
- Calculate the Mean temperature for the week.



2. An article from the Gulf Times has 50 words in it. Here is a bar chart of the number of letters in each word.

- What is the range of the number of letters in the words used?
- What is the mode (most common number) of letters used in a word?



3. Bashir runs 100 metres ten times. These are his times in seconds.

13.4	13.0	13.9	13.7	13.3
13.5	14.0	14.4	13.8	14.0

What is his mean time?

4. Alia counts the matches in nine matchboxes.
Here are her results for the nine boxes:

Number of matches in a box						
48	49	50	51	52	53	54
	✓	✓	✓	✓		✓
	✓	✓				✓
	✓					

- What is the median number of matches in a box?
- What is the mode for the number of matches in a box?
- What is the range of the number of matches in a box?

- Alia counts the matches in one more box.

She works out that the mean number of matches in all ten boxes is 51.
Calculate how many matches are in the tenth box.

TRADITIONAL DIETS

rediscover  goodness
OLDWAYS
CULTURAL FOOD TRADITIONS

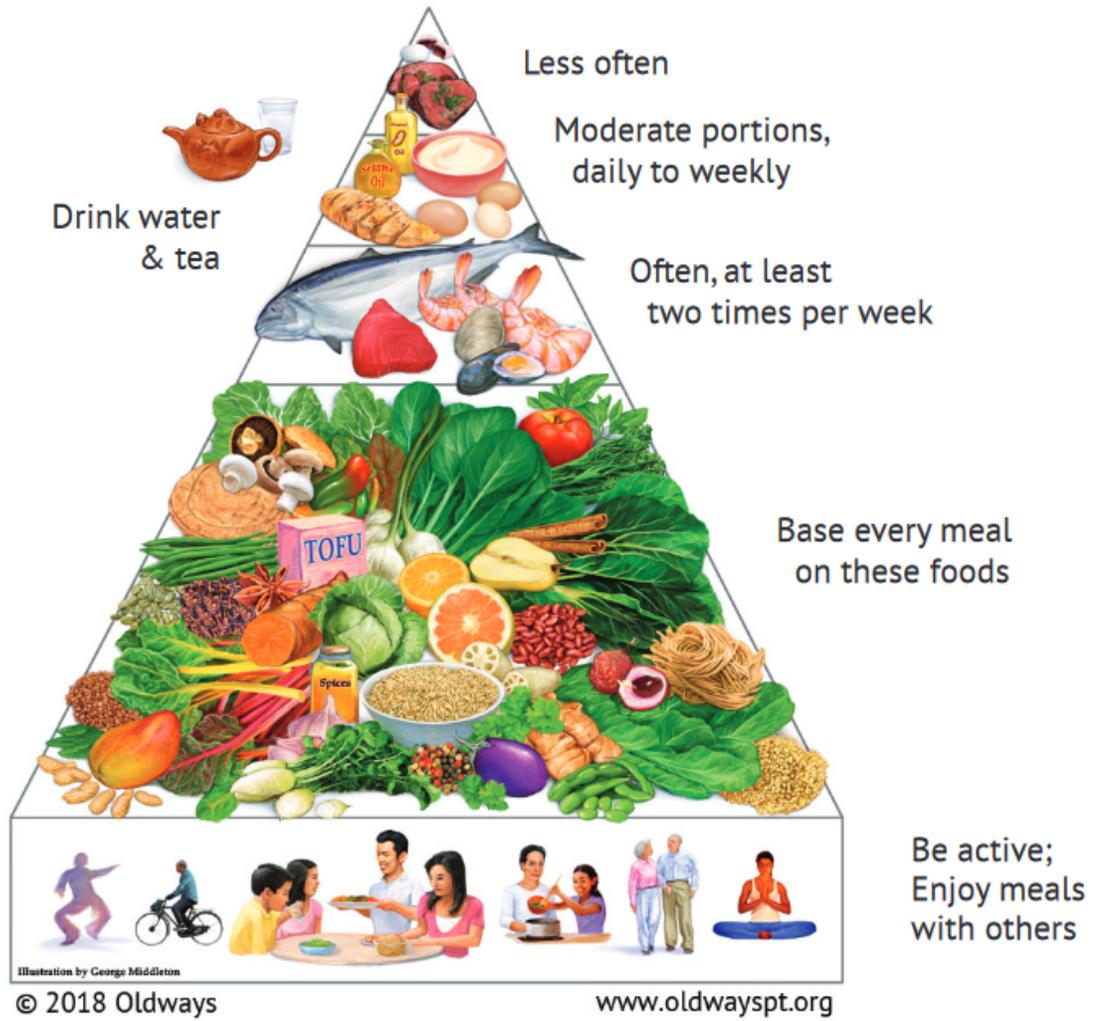
African Heritage Diet Pyramid



Illustration by George Middleton

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ASIAN HERITAGE DIET PYRAMID



Mediterranean Diet Pyramid

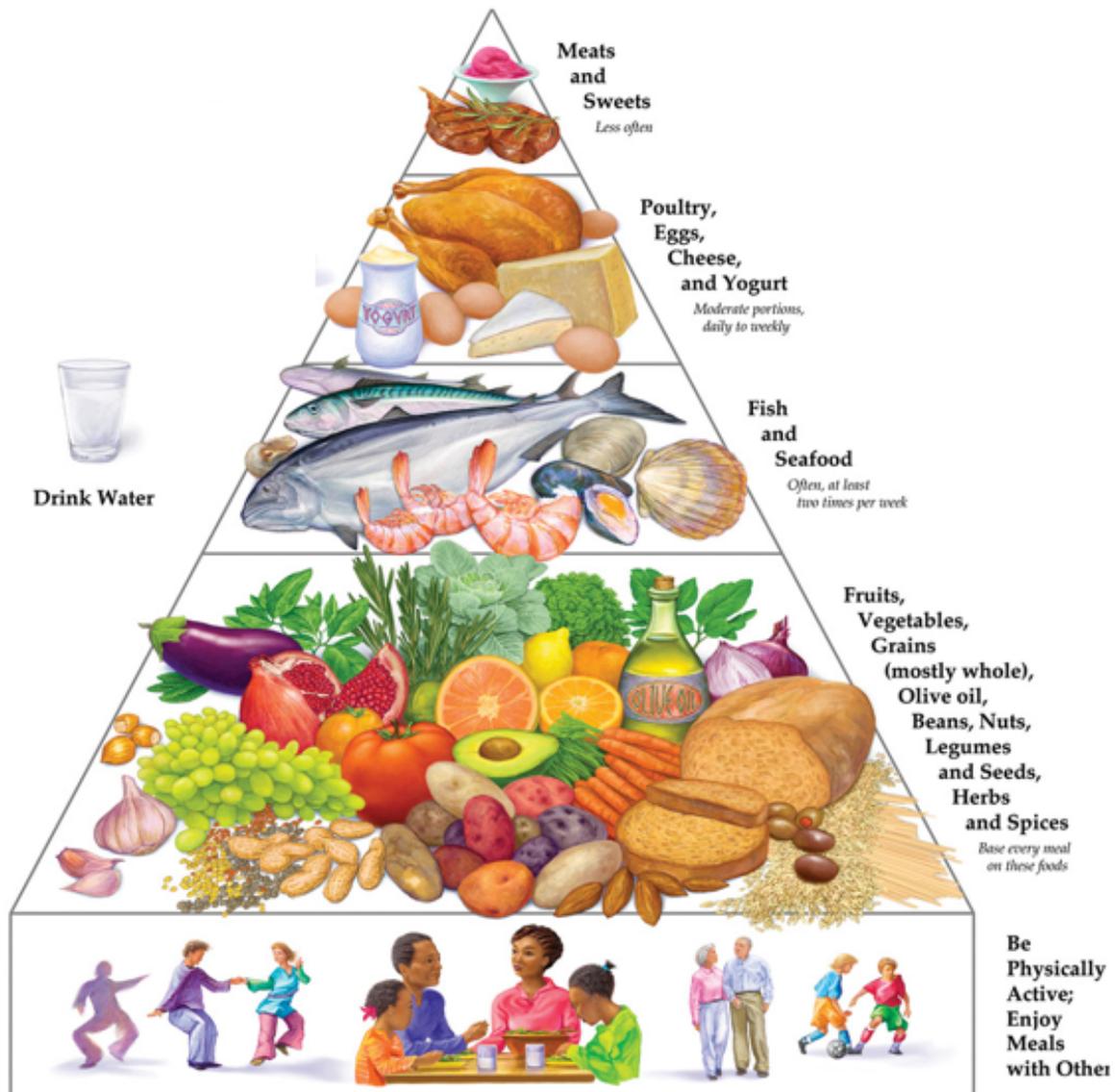


Illustration by George Middleton

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<https://www.healthbeckon.com/healthy-vegetables/>

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.