



Lesson five: Turn the TV off (30 minutes)

1. Outcomes

By the end of this lesson, learners should be able to:

- plan a healthy meal
- plan their physical activities
- discuss the health benefits of physical activity and healthy eating.

2. Teacher's corner

The aim of this lesson is to integrate the nutrition and physical activity knowledge gained in the previous four lessons. Therefore the theoretical base for this lesson is the same as that for lesson plans one to four. You will encourage the learners not to watch TV for a few days and give them some healthy recipes to cook at home.

Please see the recipes on the enclosed recipes list to hand out to the learners.

3. Activities

For lesson five, you'll need the following equipment:

- A copy of the worksheet for each learner
- A chalkboard/ big sheet of paper
- Copies for each learner of the recipes list.

Activity one (10 to 15 minutes)

Decide as a class on either a few days, or a week of no television.

- Tell learners that the aim of the activity is to practise healthier lifestyle habits – less sedentary activity, improved eating habits and more physical activity. Sedentary activities include watching TV and using the computer.
- Talk about interesting activities to do to occupy the learners time other than watching television
- Brainstorm fun ideas that learners and their families could do. They could teach their family an indigenous game or learn a game their parent/grandparent played as a child. Write them on the chalkboard.
- Discuss what learners could do if the temptation to turn on the television becomes great
- Hand out the worksheet for lesson five and remind learners to record their activities daily.

Tips for activity one

This activity might initially not be received with much enthusiasm, since the idea of not watching television may not seem like fun for the learners!

Before doing the activity, let the learners inform their parents of the decision to turn off the television for a few days. Tell the learners that together you are going to think of fun alternative things to do instead of watching television.

Although the introduction of the activity will be done in class, the learners have to record their activities on their worksheet each day.

Activity two (10 to 15 minutes)

Hand out a copy of the recipes of healthy meals to each learner.

- Read through the recipes together
- Discuss the benefits of healthy eating and that making healthy snacks can be fun
- Briefly explain how to make each meal
- Allow the learners to take the copies of the recipes home
- Make sure you tell the learners that they need help from an adult when they prepare the healthy meals.



4. Wrap up (5 minutes)

Remind the learners of everything they have learned in the four previous lesson. Encourage them to try some of the activities at home with their families.

After a few days, when learners have completed the worksheet, let them report back in class on:

- what they enjoyed the most about not watching TV
- what they found difficult, and
- what they would like to continue to do with their families.

Name _____

Worksheet: Grade two lesson five

Task one: TV turn off

Plan physical activities your family can do together instead of watching TV. Record what your family does for the 'TV turn off' days. Write down the activities you and your family did.

Day	Activity

Draw a picture of you and your family during TV turn off.

Write down which activities you enjoyed the most instead of watching TV.
