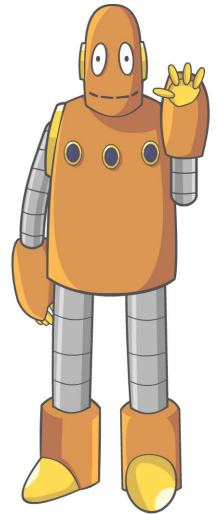
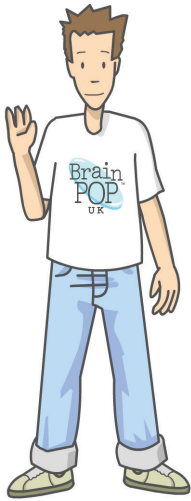


TIPS & IDEAS

Practical tips and ideas for using BrainPOP UK resources in your classroom



PSHE

Addiction
Body Weight
Organic Food
Fitness
Nutrition

Feeling blue

Finding out about flu
and the flu vaccine



HEALTHY LIVING

Science

Blood Pressure
The Immune System

Looking after me and things that affect me

Diabetes
Sleep
Smoking
Sun Protection

Where do the movies fit into my topic and the curriculum?

Activities

Activities for younger students:

Set up a Healthy Living or Doctor's Surgery in the corner in your classroom or in a shared area. Provide the following resources for the students to use:

- medical instruments (Stethoscope, torch, medical band, first aid kit)
- medical forms, like patient records, that the students could fill in detailing their name, age, and what's wrong with them
- a small desk for the doctor to use
- reference books, diagrams, sources about the body for the doctor to use should get stuck on working out what is wrong with the patient
- A noticeboard where the illness of the day, first aid tip of the day, information about a special piece of equipment and what it does.

Ask an expert

Use the BrainPOP UK Spotlights and ask the students write down a question they would like to ask to a medical expert remembering to also put their name on the paper. On the noticeboard in the corner, collect similar questions together once the students have finished writing their question.

Use Wallwisher (<http://www.wallwisher.com/>), Spicy Nodes (<http://www.spicynodes.org/>) or Mindmeister (<http://www.mindmeister.com/>) to collect different questions. These tools enable students to collect their ideas online as well as being able to add relevant weblinks of their own to each note.

Combine the use of your Learning Platform, Voki (<http://www.voki.com/>) and Google Documents (<http://www.google.co.uk/>) together. Create a 'fictional medical' voki and embed this in the forum. Ask the students to write down their questions to an expert by replying to forum or by creating a Google form for the students to submit their question. A Google form will allow the teacher to add a field for the type of question it is, therefore making it easier to filter questions.

Ask an expert in to support this topic. It could be a doctor, school nurse, health care practitioner, paramedic or a dietician from the local doctor's surgery. Because the questions are grouped together it should make it easier when you talk to your expert beforehand to pre-warn them and to see if they have any further resources they could show the students as well.

Activities for older students

How healthy am I?

One of the best ways to monitor how healthy people are is to record the things they do and eat and how they feel. Ask the students to complete a food diary based on the example below.

See attached file if you would like to download it.

Home task based on healthy living

Dear Parent/Carer,

In school, the students have been learning about how to live a healthy life. They have been learning about the different food groups, how exercise can help support a healthy lifestyle as well how illnesses, drugs and medicines affect the body.

As part of the topic, we are asking each child to complete a food and exercise diary like the one below:

Date	Breakfast	Lunch	Dinner	Snacks	Drinks	Exercise for today
Monday						

Please would you support your child in recording the different items of food they have eaten throughout the day. We would also like to look at how much organic food we are eating as a class. If the students do eat any organic food, please could they put an 'O' in the column. For older students or if you feel your child would like further extension work, they could have a think and write which food group they think each food falls into using the following key.

- (P) = Protein and Meat
- (V) = Fruits and Vegetables
- (MD) = Milk & Dairy
- (F) = Fats
- (C) = Carbohydrates

In the last column, please ask your child to write any exercise they took part in and for how long. This can involve clubs such as dancing, swimming as well as the leisurely walk they take from home to school!

Thank you for your support with our topic.



School-based tasks

Based on the food and exercise diary returned, there are several activities you might plan:

Data handling

Ask the students to sit with their food diaries. Using coloured pencils, the students could either shade the healthy and non-healthy food or could colour in the food which falls into each food group. Ask the students to create a table or a tally chart for each day detailing how much of each food group they ate. Repeat this for the whole week once the students have completed each day.

Extension work: In a Numeracy lesson, take one child's example for a day. Count up the total number of food eaten for each food group. Use this data as the basis for a lesson on percentages, from which the students could work in pair to work out the percentages for each day.

Ask the students:

"What percentage of vegetables did you eat on Monday?"

"Can you spot any food eating patterns in your diary or your friend's diary?"

"Did you eat more from the fats and sugars group over the weekend?"

"Why do you think this might be?"

"What percentage of exercise did you take part in throughout the week?"

Using Database or spreadsheet software, collate the class results. What conclusions can we draw about our class' eating habits from the data we have collected?

Making healthy changes

Ask the students to work with a partner. Provide each pair with two healthy living sheets. Ask the students to look at patterns in their food diaries if they have not completed this first. Then ask each pair to identify three really good parts of their diaries, for example: 'Rob was really good when it came to eating snacks. The majority of his snacks were fruit ones!'

Ask the students to also identify two parts they could improve to make their life even healthier. Collect all the improvements the children have suggested on the board.

Based on this, ask the students to create a poster on improving and maintaining a healthy lifestyle based on the suggestions from the board. The posters could then be scanned in a created into an interactive book using Myebook (<http://www.myebook.com/>). Using a sound recorder, mp3 dictaphone or a microphone with Audacity, record 'healthy hints from the children. Embed these into the ebook so readers can listen to some of the hints.

Alternatively, use Glogster (<http://edu.glogster.com/>)

Other useful websites and resources to support this topic

The Food Standards Agency

www.eatwell.gov.uk

This site provides some useful information to
Support students when planning a
healthy meal

The Food Standards Agency

www.waitrose.com/food/healthandnutrition/healthyeatingforchildren.aspx

This site provides some useful information on special
diets and information on diabetes and food allergies
and food intolerances.

www.childrenfirst.nhs.uk/kids/health/

A site created by Great Ormond Street Hospital and a
has many good resources to support a healthy living
topic, including a tour around the body and other
gruesome parts