

UNIT

2

NATURAL
SCIENCE

I FEEL
GOOD!



NAME: _____ CLASS: _____



Rafa's Classroom



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1 Introduction





1. Cooperative survey. Ask and make a pictogram.



Do you... every day?

Yes, I do. 😊

No, I don't. 😞

 brush your teeth	 eat fruit and vegetables	 do exercise	 sleep 9 hours

2. Numbered heads together. Watch this video and answer.



<https://www.youtube.com/watch?v=Ez0qR3m1G4g>

Do you need vegetables to be healthy?

Yes, I do. 😊

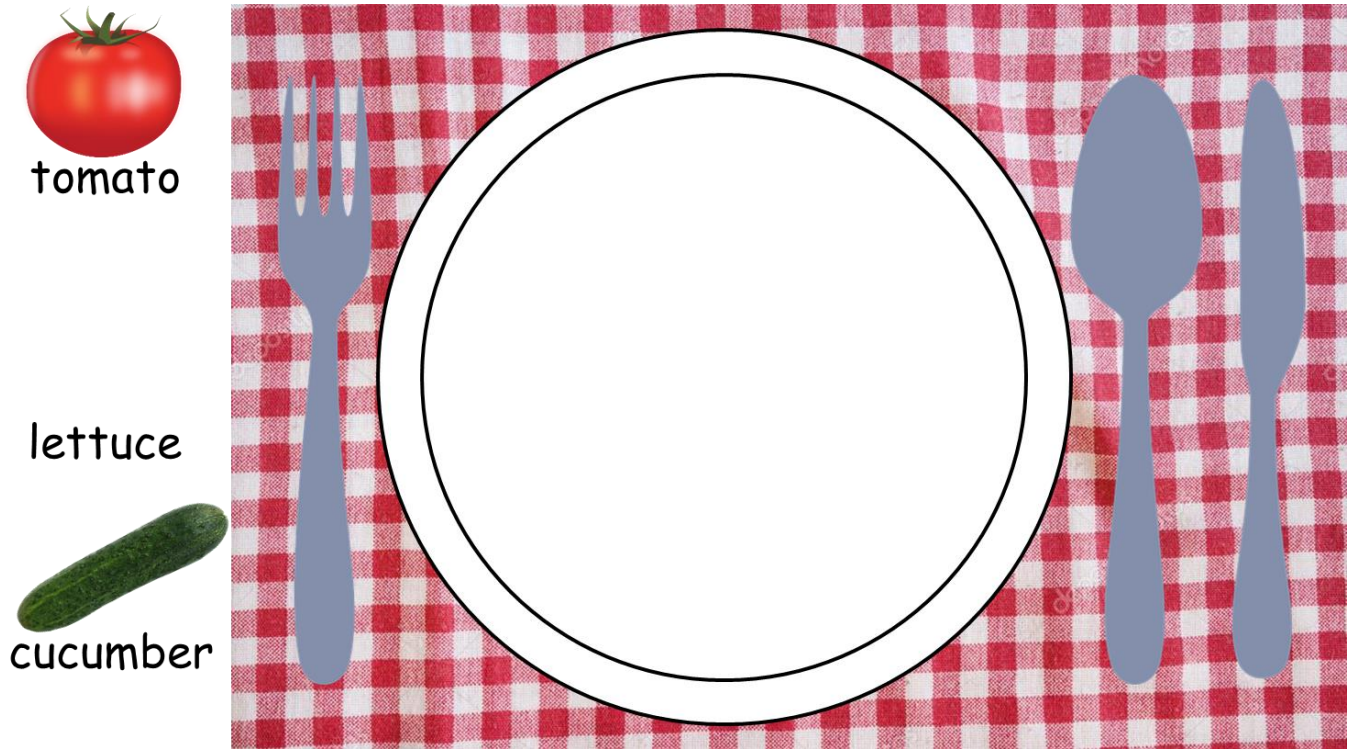
No, I don't. 😞

Do you need fruit to be healthy?

Yes, I do. 😊

No, I don't. 😞

3. Rotatory sheet technique. Draw a creative salad for George Pig using these vegetables.



4. Sing and dance!



https://www.youtube.com/watch?v=kmNHn3uj_pA

4. 1-2-group technique. Circle healthy habits in green and unhealthy habits in red.



eat sweets



drink lots of water



brush your teeth



breathe through your mouth



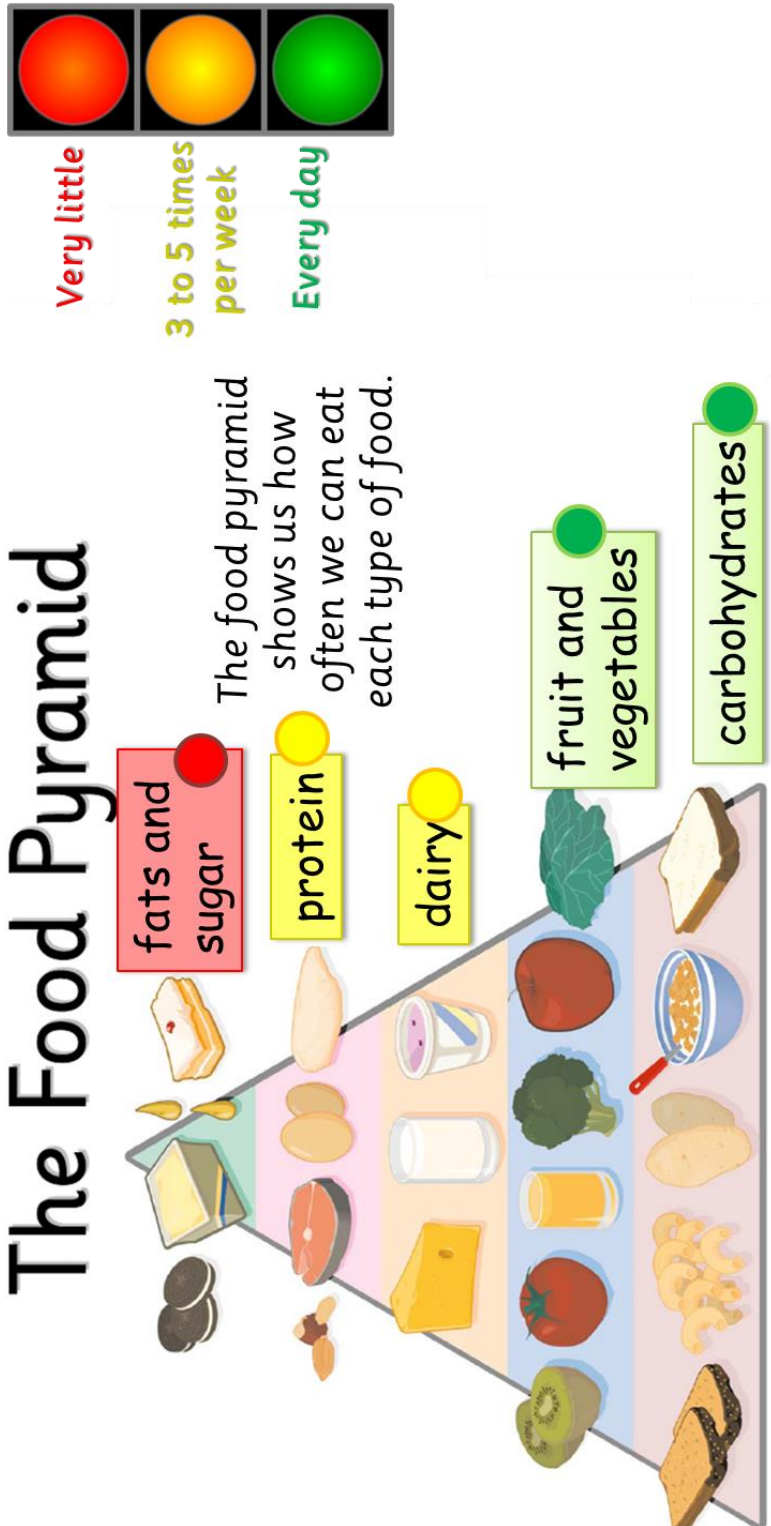
do exercise



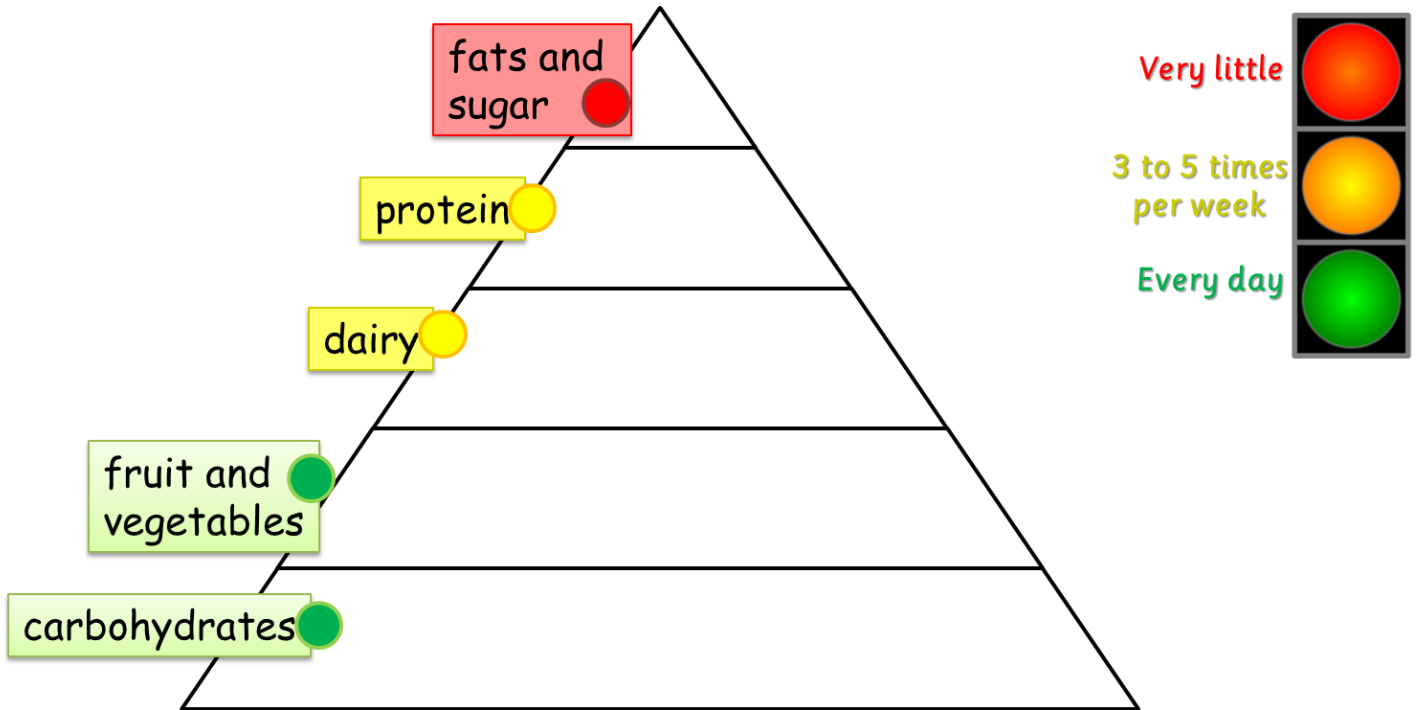
carry heavy schoolbags

2 Balanced diet

1. Card game. Look at the food pyramid and draw cards for each stage. Later, you can play with them!



2. Pencils in the centre. Look at the food on the interactive whiteboard, think in group and, when you have a common answer, draw it in the correct group of the food pyramid.

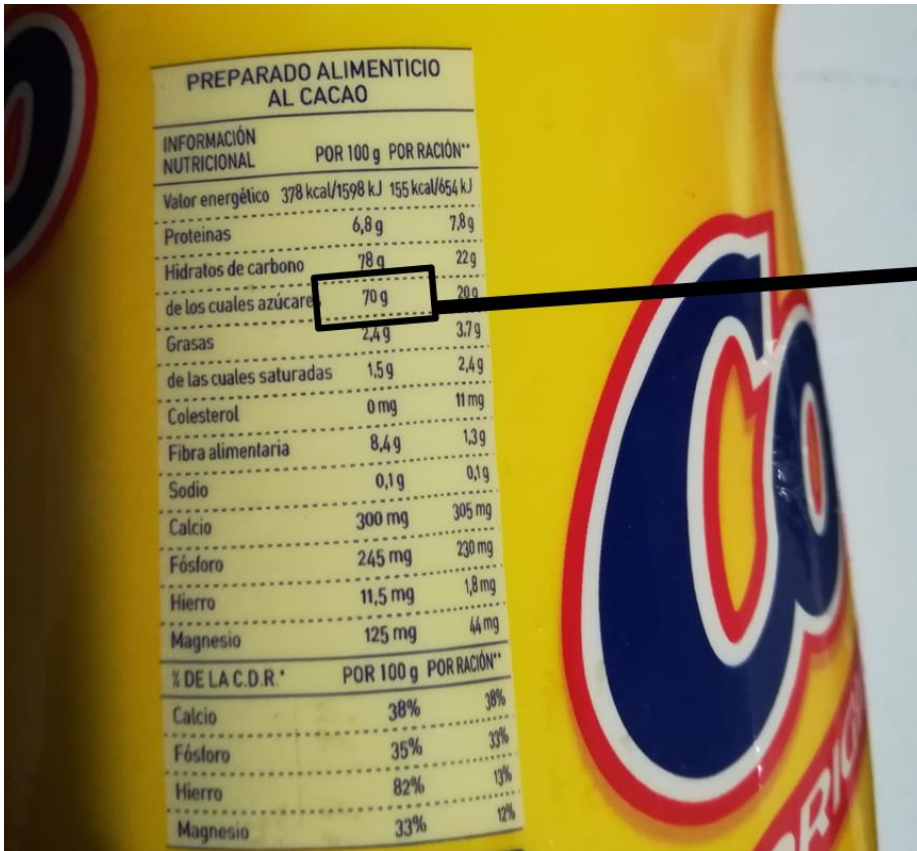


3. All for one and one for all. Design a balanced meal that contains all the elements of the food pyramid. Later, draw it and present it to your classmates.

- **Appetizer**: Our appetizer consists of a _____
_____.
- **Main course**: Our main course consists of a _____

_____.
- **Dessert**: Our dessert consists of a _____
_____.

4. Cooperative research. Bring food labels or packages and analyse how many kilocalories food contains.



sugar

FOOD ITEM	SUGAR PER 100 g
Cola Cao	
TOTAL SUGAR:	

Children must have a maximum of 25 g of sugar every day.

How much sugar are in _____?

There's _____ g of sugar.

5. Work in groups. Make a poster using pictures of healthy and unhealthy food. Later, prepare an oral presentation.



3 Regular exercise

1. Individual activity. Follow these instructions and write down your results.

I can count my heartbeats before doing exercise.

1. Put your hand on your chest.
2. Count your heartbeat for one minute.
3. Write down your results.

Before doing exercise, my heartbeats are _____ per minute.

2. TPR. Let's work out!

Do you need to do exercise to be healthy?



https://www.youtube.com/watch?v=L_A_HjHZxfI

Yes, I do. 😊

No, I don't. 😞

3. Individual activity. Follow these instructions and write down your results.

I can count my heartbeats after doing exercise.

1. Put your hand on your chest.
2. Count your heartbeat for one minute.
3. Write down your results.

After doing exercise, my heartbeats are _____ per minute.

4 Mini doctors

1. *Pair work.* Imagine you are doctors and circle the correct option.

Doctor, I have a temperature. What can I do?

- a) Eat a lot of sweets.
- b) Do exercise.
- c) Stay in bed and drink water.



Doctor, I have a cough. What can I do?

- a) Go to the toilet.
- b) Cover your mouth when you cough and drink water.
- c) Brush your teeth.



Doctor, I have a toothache. What can I do?

- a) Go to the dentist.
- b) Go to the toilet.
- c) Go to the optician.



Doctor, I have a runny nose. What can I do?

- a) Blow your nose.
- b) Eat a balanced diet.
- c) Sit down properly.



Doctor, I can't see well. What can I do?

- a) Go to the optician.
- b) Brush your teeth.
- c) Take some medicines.



Doctor, I have a sore throat. What can I do?

- a) Go to the dentist.
- b) Drink lots of water.
- c) Blow your nose.

