

3RD GRADE

LESSON: Why Is It Important to be Healthy?

SC STANDARD: 3.C.1.1 to 3.C.1.5



It's your world.

WHY IS IT IMPORTANT TO BE HEALTHY?

OBJECTIVES:

- Understand why taking care of your health is important
- Relate the benefits of having a healthy body
- Prompt students to think of ways to keep good health

LET'S GET STARTED! (10 MINUTES):

- Ask students what they think being healthy means
- Discuss why good health is important
- Talk about the benefits of keeping a healthy body and brainstorm ways to stay healthy

ACTIVITY (15 MINUTES):

- The students will break into pairs and discuss together the questions provided in order to practice their discussion skills to meet the communication standard one.

WRAPPING UP (5 MINUTES):

- Ask students how they can stay healthy
- Distribute Boss' Backpack Bulletin with the goal of the week

SC STANDARDS:

- 3.C.1.1 to 3.C.1.5 Interact with others to explore ideas and concepts, communicate meaning, and develop logical interpretations through collaborative conversations; build upon the ideas of others to clearly express one's own views while respecting diverse perspectives.

MATERIALS:

- Boss' Gets Healthy! story handout
- Pencils
- Boss' Backpack Bulletin

LET'S GET STARTED!

- Ask students what they think it means to be healthy. Ask who can be healthy and why it is important.
- Explain that health refers to the state of your body. If you are in good health, you are not sick or injured.

DIALOGUE BOX

- Can anyone tell me what it means to be healthy?
- Why do you think it is important to be healthy? Can anyone be healthy?
- Being healthy means that your body and mind are in good condition. Having good health means you are not sick or injured. If you have the flu or a broken arm, you are not in good health!
- It is important to stay healthy so that you can be active and do you best in school. It is hard to perform well and have fun if you do not feel very well!
- Make sure to ask students if they have any questions about what it means to be healthy
- Begin discussing the benefits of being healthy
- Ask students to brainstorm ways to stay healthy

DIALOGUE BOX

- There are many benefits that come with having good health. Both your mind and your body benefit from being healthy!
- Having good health allows you to feel your best and have energy to be active. Have you ever been sick and had to stay in bed all day because you are tired and feel bad? When you're healthy, you have plenty of energy to play outside and be active all day!
- Keeping good health also helps your body grow. When you are healthy, your bones and muscles are able to grow, which help make you big and strong.
- Having good health affects more than just your body, though. It also helps your mind! Having a healthy brain is just as important as having a healthy body. It helps you concentrate and stay alert so you can pay attention and learn!
- Your mind and your body both have to be in good health in order to work correctly. Fueling your mind and body with the right things is a very important part of being healthy.
- How do you think you can help yourself be healthy? What types of things help you stay healthy?
- Eating the right foods is a big part of keeping your mind and body healthy! Healthy foods like fruits and vegetables give you energy, help your body grow, and help your brain develop!
- Regular physical activity is also important. Playing outside and being active helps your body stay healthy.

- Eating the right foods and staying active can even prevent the development of some illnesses and diseases!

ACTIVITY

- This activity has the students practice their discussion skills to meet the communication standard one.
 - Students will pair off in groups of two to have a directed discussion about why it is important to be healthy.
 - Before the lesson, print off the following questions or have them write them down on a notecard so they can use them to share and carry on conversation with their partner.
1. Why should you want to be healthy?
 2. Name some ways to be healthy.
 3. What do you think might happen if you were not healthy?

DIALOGUE BOX

- Students, the lesson just covered reasons why it is important to be healthy, but now you and a partner will have a chance to share your ideas with one another.
- Please find a partner now.
- After you have your partner, I would like the two of you to take turns to discuss these questions (either hand out questions or read them for the students to write down).
- Each of you share your answers for the questions with your partner. Make sure you are speaking loud enough, but not too loud. Also, you will want to make eye contact and sit tall so that you hold your partner's attention. Lastly, make sure you both allow the other to speak without interrupting and always treat each other with respect.

Allow the students to talk for about 5 minutes. You will probably be able to tell when they are done. After they are done, ask them if anyone learned some different answers than their own.

WRAPPING UP

- Remind students that good health applies to more than just their bodies; they should also develop healthy minds!

- Review by asking students to name some ways to stay healthy.
- Distribute Boss' Backpack Bulletin with the weekly goal.

DIALOGUE BOX

- In order to be the best that you can be, it is important to stay healthy. Being active and eating good foods can help your mind and body develop and prevent you from getting sick!
- Can anyone share some ways to stay healthy?

BOSS' FUN FACT:

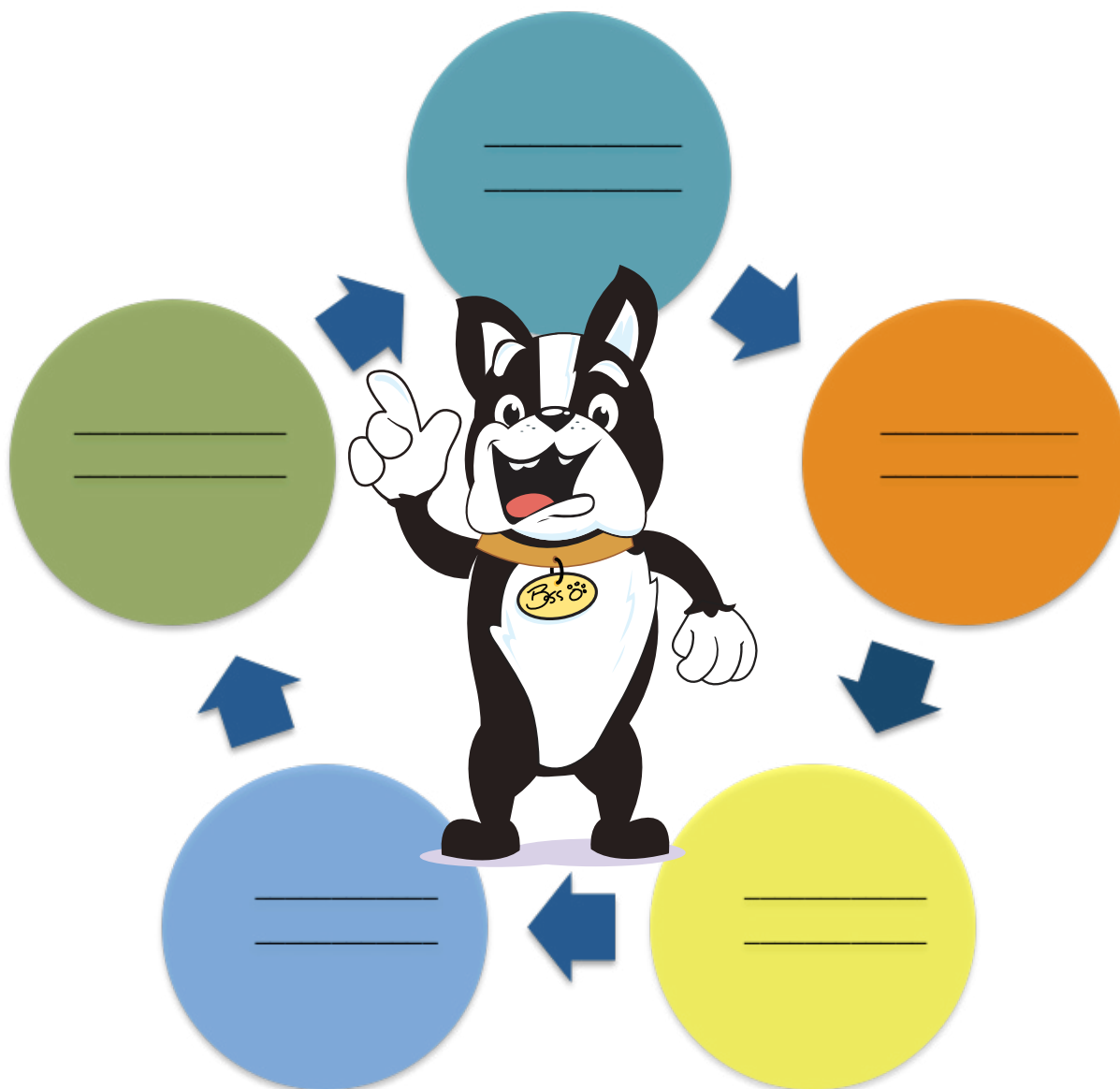
- Just like it's important to eat the right foods to keep your body in good health, you can eat foods that help keep your brain in good health. Fish, blueberries, pumpkin seeds, and walnuts are all great foods that help your brain work the best that it can!



Name: _____ Date: _____

BOSS' BACKPACK BULLETIN

Your goal this week is to do things that help you be healthy! Eating healthy foods like fruits and vegetables or drinking milk and water instead of soda are great ways to keep you healthy. Remember to be physically active as well! Having good health helps you grow big and strong. Make a list of five ways you tried to stay healthy this week!



BOSS' BONUS POINTS

Ride your bike or walk to school • Invent a new game • Reduce screen time, which includes TV, video games, computer, etc. • Eat a new healthy fruit or vegetable • Take your dog for a walk • Play with your friends outside • Climb a tree