



KINDERGARTEN

LESSON: Why Is It Important to be Healthy?

SC STANDARD: Literacy Standard



It's your world.

WHY IS IT IMPORTANT TO BE HEALTHY?

OBJECTIVES:

- Try to get students to understand why it is important to be healthy
- Teach the five benefits of being healthy and explain what they mean
- Get students to ask questions and write a creative ending to Boss' story

LET'S GET STARTED! (10 MINUTES):

- Ask students why they think it is important to be healthy
- Describe what being healthy means
- Talk about the five benefits of being healthy

STORY (15 MINUTES):

- Read the story provided and ask students how they think the story should end. Students will write out the ending of the story and share with the class

WRAPPING UP (5 MINUTES):

- Ask if anyone can remember what being healthy is and the five benefits of being healthy

LET'S GET STARTED!

- Ask students if they know what being healthy means and why they think it is important.
- Explain what being healthy means and how there are benefits of being healthy that help their mind and bodies.

DIALOGUE BOX

- Being healthy means that you have a balance of eating healthy foods and engaging in regular physical activity.
- It is important to be healthy, not only for your body, but for your mind as well, and it can keep you from developing certain diseases or illnesses.
- Begin talking about how there are five benefits of being healthy that explain why it is important to be healthy.

DIALOGUE BOX

- There are five benefits of being healthy that help our minds and bodies.
- The **first** benefit of being healthy is that it gives you energy to be active. When you eat unhealthy foods and drinks, it can make you feel sluggish and tired, but when you eat fruits and vegetables and other healthy foods, it makes you feel awake and energized so that you can be active and feel better during your day.
- The **second** benefit is that being healthy helps you maintain a healthy weight, which can also make you feel better!
- A **third** benefit of being healthy is that it helps your bones and muscles, which is what makes you big and strong!
- Another benefit, or the **fourth** benefit, is that your concentration in class can improve when you are healthy! When you eat healthy foods, especially breakfast before school, you are helping your brain be more alert and aware of what is going on in class.
- The **fifth** benefit to being healthy is that when you eat healthy foods and stay physically active; you are fueling your body and brain. Just like a car needs fuel to run, your mind and body use food as fuel to work and function like they are supposed to.
- So, being healthy is important because you are not only fueling your body and brain, but you have more energy, improved concentration in class, a healthy weight, and strong bones and muscles!

STORY

- Read the story provided about learning the importance of being healthy
- Once the story has been read aloud, ask the who, what, when, where, why, how questions about the story

“Boss Learns How to Get Healthy”

Boss the Boston terrier was not a very healthy dog. He ate a lot of unhealthy foods and drank a lot of unhealthy drinks, but his favorites were BBQ chips and sodas. In fact, he ate BBQ chips and drank soda everyday for his snack along with all the other unhealthy foods he ate! Eventually, he started feeling really, really bad. He had an upset stomach, he felt tired all the time, and he was even gaining some weight from eating so much unhealthy foods! Not only was he not feeling well, but he was having a hard time keeping up with his school work and listening in class. Since Boss never had to worry about being healthy before, he did not know where to start, until one afternoon when he was playing with his friends at the park.

Boss and his friends, Anne, Will, and Sally, all met up at the park to play a game of basketball, but Boss was having a hard time keeping up with his friends during the game. He got tired after the first few minutes and had to sit down on the bench when Sally came over to sit beside him and asked, “Boss, what’s wrong?” He explained to her how he had been feeling and said he wanted to start eating healthier so he would feel better. Boss knew that Sally was a very healthy eater and was always active, so he thought she would be the perfect person to help him get healthier! Sally replied, “Well, you might want to stop eating such unhealthy foods everyday, like your favorite BBQ chips and soda, and replace them with healthy foods and start drinking more water instead! Some healthy foods are vegetables, fruits, and even foods made of whole wheat! Once you start fueling your body with healthy foods and start drinking a lot of water, you will start feeling better, get big and strong, and you will have more energy to be active, like when we play our basketball games! Being healthy can also fuel your brain and help you concentrate more when you’re in class or doing homework!”

After listening to what Sally had to say, Boss stated, “Okay, Sally! I am going to try and eat better and be more active, and hopefully I will start feeling better too!” Boss rejoined the team and they finished the game of basketball later that afternoon. Boss was getting a little hungry when the game ended, and when he got back home he remembered what all his friends had taught him, and decided to eat an apple with peanut butter rather than his favorite BBQ chips and soda!

WRAPPING UP

- Have the students go around the room and say what they learned from the story about Boss and his friends at the basketball game
- Review the five benefits of being healthy

