

4TH GRADE

LESSON: Why Is It Important to be Healthy?

SC STANDARD: 4.W.1



It's your world.

WHY IS IT IMPORTANT TO BE HEALTHY?

OBJECTIVES:

- Understand why making efforts to be healthy are important
- Explain the benefits of a healthy body
- Discuss ways to be healthy

LET'S GET STARTED! (10 MINUTES):

- Define what it means to be in good health
- Explain why maintaining good health is important
- Discuss the benefits of staying healthy body and ways to stay healthy

ACTIVITY (15 MINUTES):

- The students will need a piece of paper and a pencil to write an opinion piece on being healthy

WRAPPING UP (5 MINUTES):

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

SC STANDARDS:

- 4.W.1 Standard 1: Write arguments to support claims with clear reasons and relevant evidence.

MATERIALS:

- A Piece of Paper
- Pencils
- Boss' Backpack Bulletin

LET'S GET STARTED!

- Ask students what it means to be healthy and why being healthy is important.
- Explain that health refers to the state of your body. Being in good health has many benefits, including preventing sickness and injury.

DIALOGUE BOX

- What does it mean to be healthy? Why is it important?
- Health refers to a person's mental or physical condition. Being in good health means that you are not sick or injured.
- You can maintain good health by eating foods that are nutritious and by being physically active.
- Everyone can be healthy! Maintaining good health is important because it helps keep your body in good condition so that you are able to do lots of things. Taking care of your body can prevent you from getting sick and injured.
- Ask students if there are any questions about what being healthy means.
- Explain the benefits of being in good health.
- Discuss ways to maintain good health.

DIALOGUE BOX

- Maintaining good health benefits both your mind and your body. It allows you to feel great, have energy to be active, and perform well in school.
- Think about when you are sick. You feel weak and tired all the time because your body is not healthy. Sometimes it's hard to concentrate or do well in school because you don't feel well.
- When you are healthy and maintain good health, your body grows. You get taller and stronger!
- Good health is not just physical, though. Your mind also benefits from being healthy. You are able to focus and do your best work when your mind is healthy too.
- Fueling your body and mind with the right foods is important to maintaining good health. Food with vitamins, minerals, and other healthy components gives your body the energy and nutrients it needs to grow and function correctly.
- Ask students what they can do to be healthy.
- Explain that being healthy is more than just the food you eat. It is also the way you treat your body.

DIALOGUE BOX

- What types of things can you do to stay healthy?
- Eating good food is a big part of keeping your mind and body healthy! It is important to put good food into your body so that you get all of the nutritious benefits that help you grow and give you energy.
- Regular physical activity is also important. Your body needs to be active! Staying inside all day or sitting on the couch doesn't make you strong. Your body needs to be active, whether it is running around, riding your bike, or playing a sport.
- Good health is all about treating yourself well. You take care of yourself by putting good food into your body and being active. Treat your mind and body well, and it will treat you well in return!
- You can't expect your body to perform very well if you only eat unhealthy foods, never run around or exercise, and never treat yourself well. Stay active, nourish your body, and do things that make you happy!

ACTIVITY

- This activity will help students learn to write an opinion piece and back it up with facts and details.
- Each student will need a pencil and a piece of paper to write on.

DIALOGUE BOX

- The lesson just went over why we should be healthy.
- It also talked about ways to be healthy.
- Now, it is your turn to show all that you learned.
- I want you to pretend that the school you go to is not healthy.
- You are trying to get the Principal to put healthier food in the cafeteria.
- Write the Principal a letter stating your opinion and use facts and details about why students should have healthier options in school.
- Give students about 5 minutes to write their letters. You will be able to see when they are done. Then asks if anyone would like to share their letter. Let one or two read their letter out loud.

WRAPPING UP

- Remind students that good health is all about treating themselves well.
- Review by asking students to name some ways to stay healthy.
- Distribute Boss' Backpack Bulletin with the weekly goal.

DIALOGUE BOX

- Maintaining good health is all about treating yourself well. Put nourishing food into your body and stay active. Your body can't perform very well if you do not treat it right.
- Can anyone share some ways to stay healthy?

BOSS' FUN FACT:

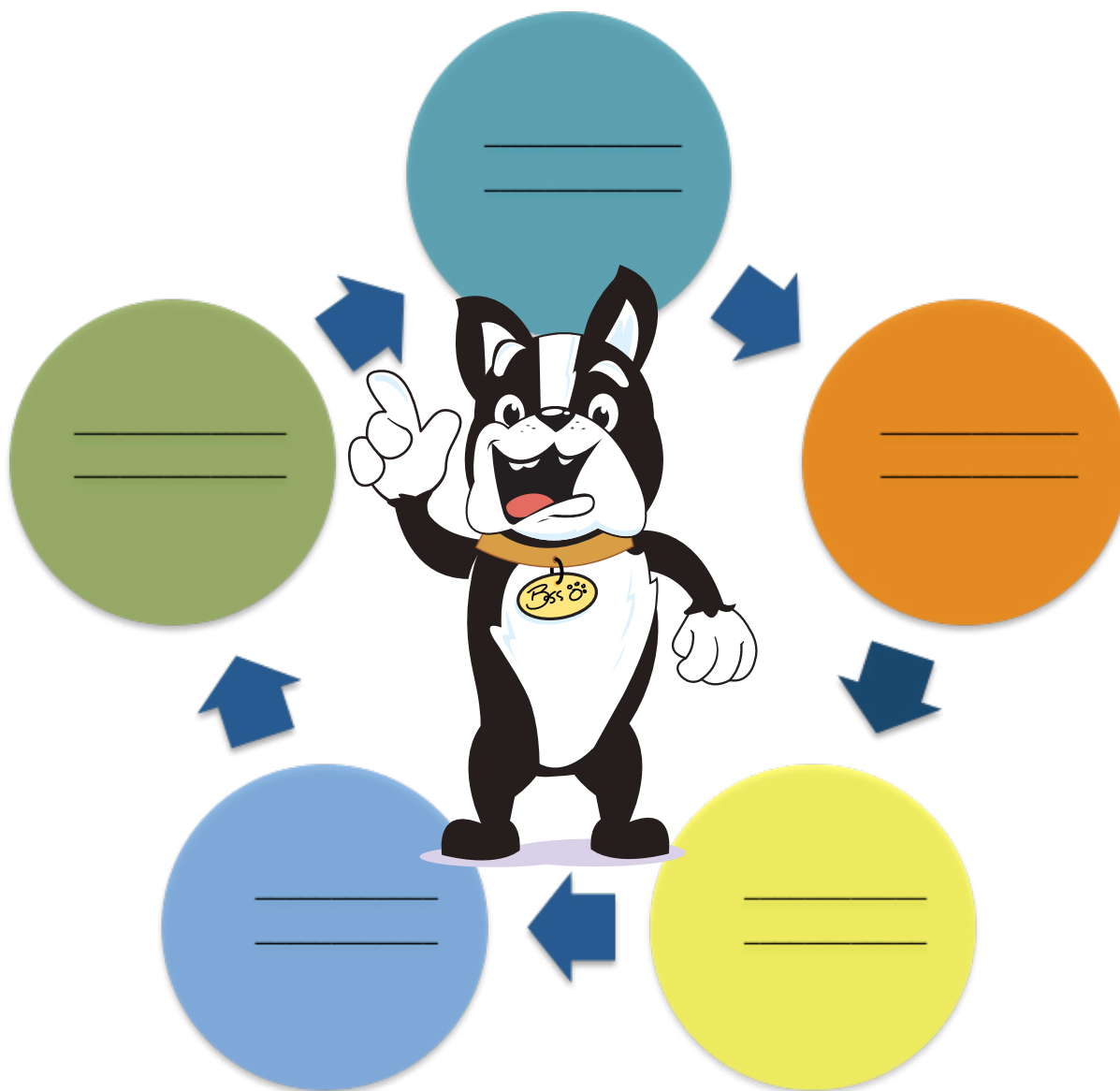
- Just like it's important to eat the right foods to keep your body in good health, you can eat foods that help keep your brain in good health. Fish, blueberries, pumpkin seeds, and walnuts are all great foods that help your brain work the best that it can!



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