

Student's Name: Petousis Michael

English /Kyperounda Elementary School

Teacher's Name: Ms. E. Shakola

HEALTHY LIFESTYLE

“Early to bed and early to rise, makes a man healthy and wise.”
Benjamin Franklin



Student's Name: Nearchou Rafaelia

English /Kyperounda Elementary School

Teacher's Name: Ms. E. Shakola

HEALTHY LIFESTYLE

“The greatest wealth is health.”



Student's Name: Maria Vasiliou

English /Kyperounda Elementary School

Teacher's Name: Ms. E. Shakola

HEALTHY LIFESTYLE

"An apple a day keeps the doctor away."



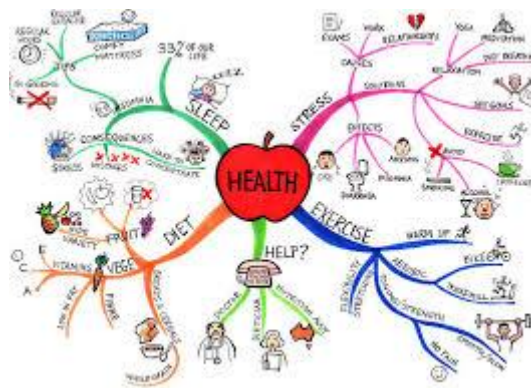
Student's Name: Kyriakidou Soteria

English /Kyperounda Elementary School

Teacher's Name: Ms. E. Shakola

HEALTHY LIFESTYLE

“To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.”



Student's Name: Mikelli Arsenios

English /Kyperounda Elementary School

Teacher's Name: Ms. E. Shakola

HEALTHY LIFESTYLE

"Take care of your body. It's the only place you have to live." Jim Rohn



Student's Name: Andreas Charalambous

English /Kyperounda Elementary School

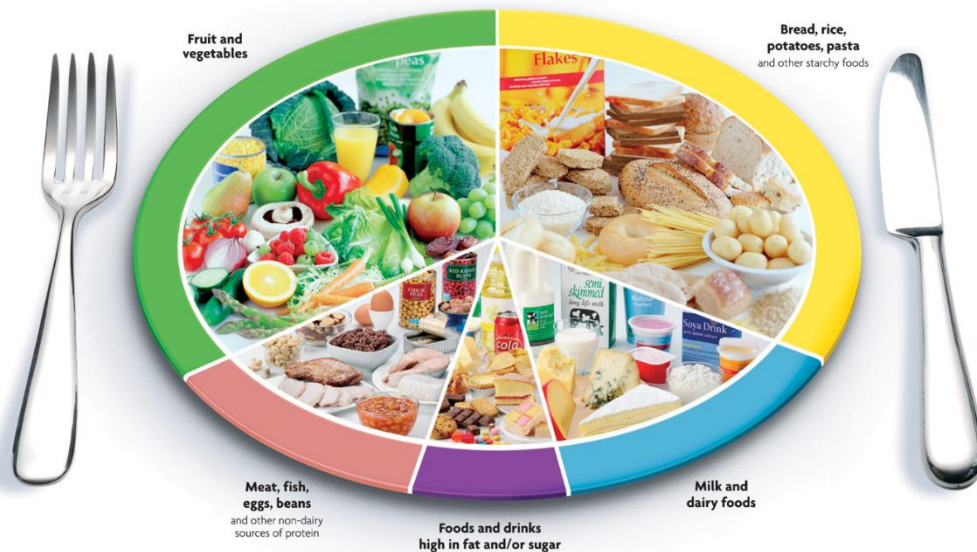
Teacher's Name: Ms. E. Shakola

HEALTHY LIFESTYLE

“Health is a relationship between you and your body.” Terri Guillemets

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Student's Name: Avgousti Andrea

English /Kyperounda Elementary School

Teacher's Name: Ms. E. Shakola

HEALTHY LIFESTYLE

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

John F. Kennedy



Class: English

Teacher: Ms. E. Shakola

Topic: Promote a healthy diet through the studying of the different food groups and develop healthy lifestyles from a young age.

Students' creations:

During our English lesson, the students had the opportunity to study in depth the value and importance of healthy diet and healthy lifestyles in an effort to encourage them to maintain a good health.

The students developed knowledge of the 5 different food groups and were able to analyze appropriate content, to classify and categorize various kinds of food in the food plate. Furthermore, the students studied the nutritional values pertaining to each food category as well as how each of the nutrients contained in each food group affected and benefited the human body.

The students focused on assignments aiming to assist them develop cognitive skills such as analyzing, classifying, grouping and categorizing. They enhanced their vocabulary development as well as their ability to diagnose the vitality attributed to each food. Overall, the students became knowledgeable of the role and quantity of each food group required daily by the human organism in order to maintain a healthy lifestyle. They further, distinguished among the various gaining to the human body and concluded on the worth of energy, development, protection and repair of the human organism.

Consequently, throughout the lesson the students were engaged in critical thinking skills, cognitive development and demonstrated their knowledge of the topic by creating and completing food plates, and informational captions in groups.