

COURSE PLANS

UNIT 5.

1. BASIS

This unit will address the definition of health and illness and the description of some causes of loss of health; the importance of a healthy diet and the importance of hygiene. The projects cover vitamins and minerals and being healthy.

February

2. METHODOLOGY

As pupils work through this unit, they will be able to define health and illness, and learn some of the causes that produce illnesses; acquire a basic understanding of the different nutrients and their role in the body, and classify some of the most common foods according to their nutrients; define diet, healthy diet, and know the characteristics of good nutrition from the point of view of health and develop guidelines for personal, domestic and food hygiene to prevent illness.

CONTENTS	EVALUATION CRITERIA	LEARNING STANDARDS
<ul style="list-style-type: none"> • The notion of health. • Illness and symptoms. • Some causes of illness: harmful microbes, accidents, bad habits, harmful substances and worry and stress. • Food and nutrition; their beneficial effects on the body. • Diet and the characteristics of a healthy diet. • Standards of personal and domestic hygiene. • Basic rules of food hygiene. • Looking after our health. • Our parents and guardians. • Vitamins and minerals. • Be healthy. • Show a positive attitude towards knowing about and adopting healthy guidelines of food and hygiene. 	1. Acquire ideas of health and illness and know about the causes of illness.	1.1. Define health and illness. Identify and describe causes that produce illness.
	2. Distinguish between food and nutrients, identify the nutrients in the food you eat more often and know the characteristics of healthy eating.	2.1. Know and name the major groups of nutrients in food. Describe the functions of the groups of nutrients. 2.2. Name the nutrient contents of the most common foods. 2.3. Define diet and the characteristics of a good diet. Know about guidelines for carrying them out.
	3. Know and value the importance of personal hygiene in the maintenance of health, and identify and adopt hygiene guidelines in all areas of life.	3.1. Describe basic guidelines for personal and domestic hygiene and their effects to prevent certain illnesses. 3.2. Describe basic guidelines for food hygiene to prevent certain illnesses.
	4. Understand how to look after our health and the role of parents and guardians in caring us.	4.1. Learn about symptoms that indicate illness and the importance of parents, guardians and doctors in caring for our health.
	5. Understand the importance of vitamins and minerals and the importance of being healthy.	5.1. Create a chart about vitamins and minerals. 5.2. Create a fact file about being healthy.

	6. Understand information, acquire vocabulary about health, illness, diet and hygiene, express knowledge and opinions both orally and in writing and show interest in reading texts.	6.1. Understand information, acquire vocabulary about health, illness, diet and hygiene, express knowledge and opinions both orally and in writing and show interest in reading texts.
	7. Know and apply mathematical elements and strategies.	7.1. Know and apply mathematical elements and strategies to classifying information about food groups.
	8. Know about and use ICT in a responsible way and use strategies to process information and apply it to different contexts, actively participating in their own learning process.	8.1. Obtain and organise information, working with the unit structure, and using digital resources with interest and responsibility.
	9. Show initiative and perseverance when tackling problems and defending opinions, developing attitudes of respect and collaboration when working in a group.	9.1. Show an entrepreneurial spirit, accept mistakes when doing self-evaluation, persevere in reinforcement tasks and actively participate in cooperative learning exercises.

3. COMPETENCIES

COMPETENCIES	CONTENTS AND ACTIVITIES BY COMPETENCY
Linguistic competency.	Understanding the meaning of written texts. Matching new words to definitions. Reading the initial reading and the recommended texts in the reading plan
Mathematical competency and basic competencies in Science and Technology.	Developing and promoting a healthy lifestyle in terms of food and exercise. Developing a healthy diet for a full day.
Digital competency.	Selecting the use of different sources according to their reliability. Writing a list of five things to prevent accidents at school.
Learning to learn.	Developing strategies that encourage the rigorous understanding of content. Looking up the meaning of new words from the unit in a dictionary. <i>Multiple Intelligences:</i> Developing the different multiple intelligences. Using your senses to check the state of the food you eat, fostering the development of different multiple intelligences, especially the bodily-kinaesthetic intelligence
Social and Civic competencies.	Engaging in or promoting actions with a social purpose. Recognising the importance of hygiene in public kitchens and promoting action to maintain good hygiene. <i>Values:</i> Learning to behave correctly according to different values. Feeling empathy and respect for those who are different to us.
Sense of initiative and entrepreneurial spirit.	Attracting new and divergent possibilities from prior knowledge of the subject. Proposing ways of preventing accidents at school.
Cultural awareness and expression	Developing work and presentations with aesthetic sense. Creating a fact file on being healthy.