

# EaD Comprehensive Lesson Plans



or



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**BASIC 9**

**WEEKLY LESSON PLAN – WEEK 1**

Strand:	Health Education		Sub-Strand:	Nutrition and Physical activity	
Content Standard:	B9.1.1.1 Demonstrate understanding of nutritional problems associated with participation in physical activity.				
Indicator (s)	B9.1.1.1.1: Examine problems associated with unbalanced / poor diet in relation to physical activity.		Performance Indicator: Learners can identify the importance of balance diet in relation to physical activity.		
Week Ending	13-09-2024				
Class	B.S.9	Class Size:		Duration:	
Subject	Physical Education				
Reference	Physical Education Curriculum, Teachers Resource Pack, Learners Resource Pack.				
Teaching / Learning Resources	Poster, Pictures, Video, Word Chart.		Core Competencies:	<ul style="list-style-type: none"><li>Critical thinking</li><li>Problem Solving</li></ul>	
DAYS/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
MONDAY	<p>Discuss with the Learners about the meanings of keywords and terminologies in the lesson.</p> <p><b>Terminologies;</b></p> <ul style="list-style-type: none"><li>Chronic</li><li>Nutrition</li><li>Unhealthy</li><li>Consumption</li><li>unbalanced</li><li>diet</li><li>preventable</li></ul>	<p>1. Learners brainstorm to differentiate between balance and unbalance diet.</p> <p>2. Discuss with the Learners about the nutritional problems associated with unbalanced or poor diet related to participation in physical activities</p> <p>3. Assist Learners to identify 5 effects of unhealthy diet.</p> <p><b>The Dangers of Unhealthy Eating</b></p> <p>The effects of unhealthy eating can sometimes result in obvious physical changes, such as acne, bloating and weight gain. Certain unhealthy diets, like those linked to too much fast food, can result in obesity and related diseases. According to the Centers for Disease Control, having overweight or obesity can increase the risk for diabetes, heart disease, osteoarthritis, stroke and many other conditions. Obvious physical changes don't occur to everyone. However, just because the effects of unhealthy eating aren't obvious doesn't mean they aren't happening.</p> <p>It's possible to consume an unhealthy diet for a long time and suddenly experience its effects. According to a Civil Eats interview with Hilal Elver, the United</p>			<p>Through questions and answers, conclude the lesson.</p> <p><b>Exercise;</b></p> <p>Differentiate between balance and unbalance diet.</p>

		<p>Nations Special Rapporteur on the Right to Food, fast foods are a leading cause of malnutrition.</p> <p>Malnutrition is one of the biggest dangers of unhealthy eating and can lead to diseases like scurvy. Caused by a deficiency in vitamin C, scurvy can happen to people who prefer carbohydrate-rich diets, avoiding fresh fruit and vegetables. An unhealthy diet won't immediately cause scurvy. You'd have to be vitamin C-deficient for about three months before getting this disease.</p> <p>Nutrient deficiencies can also have long-term effects. According to the book Modern Nutrition in Health and Disease, written by Department of Nutritional Sciences researchers at Pennsylvania State University, certain vitamins and minerals can reduce your chance of diseases that appear later in life, like osteoporosis. Calcium and vitamin D contribute to bone health and can reduce the risk of osteoporosis as you age.</p> <p>The effects of your eating habits are more important than you may realize. Every food that you eat has the potential to change your gut microbiome. According to a 2014 study in Nature, trillions of microorganisms reside in your digestive system. The microbes that live in these communities are influenced by the foods you eat every day.</p> <p>Unhealthy diets can cause an imbalance in these microbial communities and allow too many of a certain type to live in your gastrointestinal tract. This can negatively impact digestion, metabolism and cause diseases like inflammatory bowel disease.</p> <p>Because your gut is directly linked to your brain through a cranial nerve, your diet can even impact your mental health.</p> <p>The effects of eating habits may be more influential</p>	
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		<p>than you think. It's important to be aware of both the short-term and long-term effects of unhealthy eating, and to always try to consume a balanced diet</p>	
<b>THURSDAY</b>	Review Learners knowledge on the previous lesson.	<ol style="list-style-type: none"> <li>1. Assist Learners to explain “Physical inactivity”.</li> <li>2. Discuss with the Learners about the causes and effects of physical inactivity.</li> <li>3. Using a Poster displaying facts about inactive lifestyles, assist Learners to explain examples of inactive lifestyles.</li> </ol> <p><b>Effects of Physical Inactivity;</b></p> <ul style="list-style-type: none"> <li>• Less active and less fit people have a greater risk of developing high blood pressure.</li> <li>• Physical activity can reduce your risk for type 2 diabetes.</li> <li>• Studies show that physically active people are less likely to develop coronary heart disease than those who are inactive. This is even after researchers accounted for smoking, alcohol use, and diet.</li> <li>• Lack of physical activity can add to feelings of anxiety and depression.</li> <li>• Physical inactivity may increase the risk of certain cancers.</li> <li>• Physically active overweight or obese people significantly reduced their risk for disease with regular physical activity.</li> <li>• Older adults who are physically active can reduce their risk for falls and improve their ability to do daily activities.</li> </ul> <p><b>Facts about inactive lifestyles</b></p> <p>Thousands and thousands of deaths occur each year due to a lack of regular physical activity. In addition:</p> <ul style="list-style-type: none"> <li>• Inactivity tends to increase with age.</li> <li>• Women are more likely to lead inactive lifestyles than men.</li> <li>• Non-Hispanic white adults are more likely to engage in physical activity than Hispanic and black adults.</li> </ul>	<p>Through questions and answers, conclude the lesson.</p> <p><b>Exercise;</b></p> <p>Explain 5 effects of Physical inactivity.</p>

Name of Teacher:

School:

District: