

| Learning Tool Code | Title |
|--|-----------------------|
| SDG3-SDGfP | Health formula |
| Objectives | |
| <p>To give an idea of what a healthy lifestyle is; make students think about the need to be healthy, introducing a healthy lifestyle; explain the role of health in human life and activity; development of society.</p> <ul style="list-style-type: none"> • continue to acquaint students with the concept of "health"; • to deepen students' knowledge of factors that strengthen and weaken health; • continue to form ideas for a healthy lifestyle in adolescents. • promoting a responsible attitude of students towards their health; • continue the formation and development of moral qualities of the individual; • promotion of hygiene education. | |
| Activity details | |
| <ul style="list-style-type: none"> ❖ Materials- tests, a board with the words "Health Factors", tables "The Harm of Smoking", "The Harm of Alcohol", posters with proverbs and sayings about health. ❖ Duration – The course of the lesson-48 minutes ❖ Number of groups - several groups of students (5th grade, ages 11-12) | |
| Instructions | |
| <p>1. Organizational moment - 2 minutes</p> <p>Teacher: Hello dear students. Congratulations, which means I wish you good health! Have you ever wondered why when greeting people there is a desire for each other's health? Probably because human health is the most important value. But, unfortunately, we start talking about health when we lose it!</p> <p>Today we have an unusual lesson, today you are not just spectators of the actions that will take place on the stage - today we will present a formula for health together with you, the success of our common cause will depend on each of you.</p> | |

Each explanation is a team, as you know, where you need to have clarity and coherence. The success of the team depends on these qualities. Throughout the lesson, each team can earn points and then we will determine the winner.

2. Updating students' knowledge - 5 minutes

Everyone wants to be smart, strong, beautiful, healthy. Over the centuries, people have developed rules for optimal behavior, following which you can most effectively maintain the health of the body of the perfume. Even the nineteenth German philosopher Arthur Schopenhauer says: In general, our happiness is based on health. With him, everything becomes a source of pleasure, while without it, absolutely no external good can deliver pleasure.

But let's go back to the beginning. Before we derive a formula for health, let's clarify why our health depends?

Students offer answers. The most active participants receive points.

- Health is when nothing hurts;
- Health is when you feel good;
- Health - from the word "healthy";
- Health is flexibility and harmony;
- Health is endurance;
- Health is harmony;
- Health - when a person has a good appetite;
- Health is beauty;
- Health is when nothing prevents you from enjoying life;
- Health is strength;
- Health is when you sleep well;
- Health - when you wake up in the morning happy and cheerful;
- Health - when you are ready to do any work, etc.

Until 1940, health meant no disease. A person who has no signs of illness is considered healthy.

The first stage is characterized by the opposition of the concepts of "health - disease".

The second stage of the interpretation of health is related to the inclusion in its definition of the concept of the external environment: health is a state of the body in which the functions of its organs and system are balanced with the external environment and there are no painful changes. Health is not just the absence of disease, it is a state of physical, mental and social well-being.

So representatives from every community who are well acquainted with health issues are invited. If you answer correctly, you are taking a step forward; if you answer incorrectly, you take a step back.

3. Formation of the concept of "health" and ideas for a healthy lifestyle

Warm-up - 5 minutes

1. Do you agree that exercise is a source of vitality and health? (Yes.)
2. Is it true that chewing gum preserves teeth? (No.)
3. Is it true that cacti emit radiation from a computer? (No.)
4. Is it true that more than 1,000 people die from smoking every year? (Yes.)
5. Do bananas really cheer you up? (Yes.)
6. Is it true that carrots slow down the aging process of the body? (Yes.)
7. Is it true that there are harmless drugs? (No.)
8. Is it easy to quit smoking? (No.)
9. Is it true that milk is healthier than yogurt? (No.)
10. Are adults more likely than children to break their legs? (Yes.)
11. Is it true that lack of sun causes depression? (Yes.)
12. Is it true that in the summer you can stock up on vitamins for a whole year? (No.)
13. Is it true that children under the age of 15 are not allowed to do weightlifting? (Yes.)
14. Is it true that you should drink 2 glasses of milk every day? (Yes.)
15. Is it true that a child needs 8 hours of sleep at night? (No.)

Anyone who has given more than 10 correct answers receives points and sits down. And the others are offered to take a step forward. Please bend down and reach the floor with your palms. Then hold your hands behind your back and sit a few times. What can you call what we are doing now? (Warming up, physical activity, exercise, in a word - an active lifestyle!) Does it support health or not? (Yes.)

3 minutes - "Health factors" are written on the board. The teacher writes "active lifestyle" in the field for positive results.

Please raise your hands, which have never been sick. And who more than once a year? And who is more than 2 times a year.

| Ill or not | Number of students |
|---------------------------|--------------------|
| they have never been sick | |
| more than once a year | |
| more than 2 times a year | |

20 minutes- Look, we're used to the fact that it's natural for a person to get sick! But this is the wrong setting! Let's change our way of thinking and remember: it is natural for a person to be healthy! Scientists prove that a person should live 150-200 years! For example, the ancient Greeks believed that dying at age 70 was almost the same as dying in a cradle. According to historians, the life expectancy of the Pelasgians (Ancient Greek: Πελασγοί) are Paleo-Balkan tribes, the oldest inhabitants of the Southern Balkans, who according to ancient Greek authors are the people who inhabited the territories of ancient Greece before the Greeks. At the same time, until the end of their days, they kept their vitality and did not turn white.

Today, doctors say: human health depends 10% on heredity, 5% on the work of doctors. The remaining 85% are in the hands of man himself. This means that our health depends on our habits, on our efforts to strengthen it.

Various factors affect people's life expectancy - heredity, environment, bad habits, lifestyle. Now I suggest you calculate the years are released from nature to assess your chances of longevity using a test compiled by American doctors.

Students complete tests at the end of the lesson.

As banal as it may sound, but health is the basis for a prosperous life, a successful career. It is very high, people have long understood the value of health and strive to preserve it from an early age.

To maintain the level of efficiency, the Japanese begin to harden at 4 years of age. great mental stress requires great physical endurance. So, one of the factors that has a positive effect on health is hardening.

Teacher. I often ask, "How do I harden so I don't catch a cold?"

Someone has already managed to achieve a result on this issue - they stopped being afraid of the cold and forgot about colds. But many, despite the hardening, fell ill again and naturally stopped hardening.

Another easy way to harden. It is safe and accessible. The fact is that there are parts of the body that can be hardened to strengthen the whole body. These are, above all, our feet.

Start with them. You need to jump barefoot on the street or balcony for at least a few seconds. Literally in seconds. And immediately after that put on woolen socks, even specially warmed in advance. After a few days you will feel that you start to like the cold, it becomes pleasant, and there is no sign of colds.

Teacher. To talk about health, it is imperative to remember about stress. They are waiting for us every step of the way. They say that suddenly waking up and getting up is already stressful. The lessons are stressful. The road is stressful. Parents quarreled ... Argued with friends ... So ... But you have to learn to avoid fatigue, nervous stress, to be energetic and effective.

Try to determine your physical condition by matching its content, in the answer sheet against the number of the statement, put the answer "yes", otherwise - "no". If you are at a loss of choice, put both answers.

I feel like an absolutely healthy person.

1. Lately, I'm starting to get annoyed by things I'm calm about.
2. I became lethargic and indifferent.
3. It is difficult for me to keep in mind the deeds that need to be done today.
4. I've found it harder to study lately.
5. I have an even and calm character.
6. I am tormented by pains in my temples and forehead.
7. I have a heart attack.
8. It's hard for me to concentrate on a task.
9. Sometimes I feel sick.
10. I often have a headache.
11. I stopped liking my teachings and hobbies.
12. I constantly want to sleep during the day.
13. My relatives began to notice that my character was deteriorating.
14. I like working in a team.
15. I go to school with pleasure.
16. Most of the time I have restless sleep.
17. I feel tired all the time

Fill in and calculate your points:

| The answer | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18. |
|------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|-----|
| + | 0 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 1 |
| - | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 | 0 | 0 | 0 |

If you get more than 6 points, this indicates the presence of an initial form of chronic fatigue.

Teacher. Anyone who has collected more than 6 points should think about a more rational daily life, to reduce the workload, perhaps, to normalize relations with peers and parents. If you have won or learned to the point that you feel, "I can't take it anymore!" - you have to turn on the tap and ... wash your hands. Don't even wash them, just keep them under cool water. Of course, it would be better to go out into the fresh air, to walk or run fast, to do some breathing exercises. But if this is not possible, cold water will help, which relieves fatigue and probably tension and even stress.

Life sometimes presents unpleasant surprises: the mood is therefore insignificant, depressed, sometimes desperate, and sometimes hopeless. Naturally, this has the most detrimental effect on health. What can you advise here? The main thing is not to get hung up on your problems! Remember the good things life has given you.

The teacher writes "good mood" on the board.

Teacher. Another great stress reliever is song. When you feel bad, try singing. And today your classmate sings for you. (Music of a singing child is played.)

Teacher. Your applause is not only gratitude to the singer, but also a massage of your palms, and through them a massage of your internal organs. It has been proven that the more applause there is in the hall, the better the mood of the audience. Therefore, many artists, before singing, ask the audience to applaud.

Teacher. One way to be happy, according to Americans, is to be physically active. It is not entirely clear why, but any physical activity gives a healthy person real pleasure.

According to some scientists, during exercise in the brain produces a kind of natural medicine, which leads to euphoria. For this running, skiing, any sport, dancing and more. And another entry appears on our board in the column with positive facts - "sports".

Teacher. Health is not just a personal matter for everyone. A healthy person lives a full life and brings great benefits to society. A healthy lifestyle is a system of human behavior, including physical culture, creative activity, high moral attitude towards the

people around, society and nature. Man is influenced by the social environment in which he lives - society as a whole, family, acquaintances, colleagues. This has been happening all my life. Children copy adults, for teenagers the opinion of their peers is important. But the influence of others can be not only positive but also negative.

Teacher. Unfortunately, physical, mental, moral and economic damage to man and society is caused by drunkenness, alcoholism, drug addiction and such a harmful habit as smoking. Unfortunately, all these vices are widespread among young people. Young people sometimes do not realize what harm it can do to their health.

And now one person from each team to enter the competition.

There are many sayings and sayings about drunkenness. Try to explain how you understand their meaning.

Proverbs competition

1. The drunken sea is to his knees, and the puddle to his ears.
2. What he thinks sober is in the language of a drunk.
3. Drinking to the bottom does not mean seeing good.

The teacher suggests to supplement the list of proverbs and sayings for the members of the associations. The most active receive points, and the word alcohol is written in the column with negative factors on the board.

Teacher. In 1988, the World Health Organization declared May 31 World No Tobacco Day. The world community has been tasked with ensuring that the problem of smoking disappears in the 21st century. Quitting smoking is difficult, but possible. Question to the associations: what effect does smoking have on the human body?

(Students respond.)

The most active and complete answers receive points.

After discussing the issue, the teacher writes the smoking in the column with negative factors on the board.

Teacher. One of the most serious problems of our time is drug use. Drug addiction, which develops like a cancerous tumor, affects not only the body but also the soul. The later this

disease is recognized, the more difficult the treatment process, which, unfortunately, does not always lead to full recovery.

There is a paradoxical fact all over the world: despite all efforts in the fight against drugs, young people's awareness of the real consequences of drug use is declining. This is partly due to the active introduction of a number of drug myths in the creation of young people.

4. Final synthesis - 10 minutes

Each association was tasked with unraveling one of these myths.

Team 1. The first myth: "Try - everyone tries."

Statistics show that more often adolescents with low psychological foundations fall victim to such false arguments: conflict, petty theft, fraud, with an unbalanced character. Such people are not capable of purposeful activity, they do poorly in school. Later, they become drug dealers, which is inevitable, because only in this way can they secure money for drugs.

Team 2. Myth two: try not to have harmful consequences.

It is a lie. Addiction to some drugs can occur after one or two doses. There are individual differences in the sensitivity of the body and death is possible with the first infection. Under the conditions of the secret artisanal production of medicines, it is impossible to get rid of harmful impurities and to dose exactly the substance that can lead to severe poisoning.

Team 3. The third myth: "Try it - if you don't like it, stop taking it."

Many are convinced that there will be no particular problems, because a person with a certain will, in a state of immediate will, is able to immediately and irrevocably give up drugs. But when any drug is used, "light" and "heavy", the will suffers above all. What happens, what narcologists call an "energy decline": the individual's willpower weakens, he becomes incapable of productive activity, often stops learning, leaves work. At present, medicine is not able to provide effective help to drug addicts, as there are no real means in its arsenal to suppress mental addiction.

Team 4. The fourth myth about the existence of "harmless" drugs.

There are no harmless medicines! Not all drugs are physically addictive, but they all have a detrimental effect on the personality. Mental addiction often develops even with the use

of "soft" drugs: the interest in what happens in my life is lost, the desire to work, study disappears, one ceases to be interested in what it looks like.

Teacher. Anyone can become the object of attention of a "benefactor" who has tried to attract the most dangerous "profession" for a person. In this case, each person must be ready to resolutely reject such torture and remember that this "nice" friend usually pursues the most selfish goals, using cruelly inexperienced.

Remember that one of the addicts will not continue the example with drugs, everyone just wanted to try, to satisfy curiosity. And the end, as a rule, is tragic: human destiny, life itself is ruined!

The teacher writes the word dependency in the column with negative factors on the board.

Teacher. As one of the "famous" nutritionists said: "A generation of people who eat healthily will only revive humanity and make diseases so rare that they will be seen as something extraordinary." A young growing body needs 30 different types of food every day. But which, now tell yourself.

Each association on its poster should list the products needed for the human body. The team that does better with this task will receive points.

Teacher: So we analyzed the main factors influencing health. What conclusion can be drawn? How to complete the phrase "The formula for health is ...?"

Whether our country is healthy or not depends on you and me, on each of us!

5. Summary of the lesson. Reflection - 5 minutes

Tips for the facilitator

At the end of the lesson, summarizing the results, identify the most active participants who have collected a large number of points.

Debriefing

Homework - Students' tasks

Fill in the health card. In the "My actions" column, record such events as visits to the doctor, if necessary, adherence to the daily routine, advice from doctors and parents, sports, diet, etc.

My illnesses, imperfections in Recommendations from doctors, My appearance, bad habits specialists, parents actions

My health and ecology

In front of you is a test compiled by American doctors. Try to calculate how many years nature has allowed you.

Test

The average life expectancy of people is constantly increasing. But everyone, of course, is interested in his chances for longevity. Probably this test will clarify a lot. Answer the questions completely honestly and think about some of them. Maybe you need to change your lifestyle in some way. Age does not matter. It doesn't matter if you are 14 or 50. But the sooner you give up bad habits, the better. Thus:

❖ Take the number 72. From it you have to subtract or add the points marked as a result of your answers.

- If you are a man, subtract 3 from 72. Women should add 4 to 72.
- The average life expectancy for men is 69 years. Women - 76 years old.
- If you live in a city with a population of over 1 million, subtract 2 years.
- If you live in a town with a population of less than 10 thousand people, add 2 years.
- If you plan to engage in mental work in the future, subtract 3 years; if you plan to do physical work, add 3.
- If you exercise five times a week, for at least half an hour, add 4 years, if three or twice add 2 years.
- If you are going to get married in the future, add 5 years, if not, then subtract one year for every 10 years of single life (starting at age 25)
- If you sleep constantly for more than 10 hours, subtract 4 years, if there is nothing for 7-8 hours, do not subtract anything.
- If you do not sleep well, take 3 years. Accumulated fatigue, such as too much sleep, is a sign of poor circulation.
- If you are a nervous, reserved, aggressive person, subtract 3 years, if you are calm, balanced - add 3 years.
- If you are happy, add 1 year, if you are unhappy, subtract 2 years.

- If you will receive secondary education, add 1 year, if higher education - 2 years.
- If one of your grandparents lived to 85, then add 2 years, if one of them dies suddenly before reaching 50 (died of stroke, heart attack ...), subtract 4 years.
- If any of your relatives died of cancer, heart attack, etc. before reaching the age of 50.... subtract 3 years.
- If you smoke more than three packs of cigarettes a day, take out 8 years, if 1 pack - 6 years, if less than a pack - 3 years.
- If you drink at least a drop of alcohol every day, remove 1 year.
- If your weight exceeds the normal for your age and height by 20 kg, subtract 8 years, if 15-20, then 4 years, if 5-15 kg-2 years.

The final number is the age you can live to. As you can see, various factors affect life expectancy. Heredity occupies an important place among them. But a lot also depends on the person personally: on his habits, way of life. Look at the different points of the test. Make sure once again that smoking, alcohol, aggressive behavior, passive lifestyle and other harmful factors shorten life expectancy.

The environment also has an impact. It is no coincidence that the test contains a question about the settlement in which the person lives. Cities with a population of over 1 million have a negative impact on the health of the people living in them and, consequently, on their life expectancy. Why do you think this is happening?

Try to find factors for life expectancy in the test, depending on the will of the person.

Follow-up/Inspiration for the future

Information on social media, school website.

References/Further reading

<https://www.apha.org/what-is-public-health>

Annex

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