

Health is Wealth

Year 7 Project

Project Description

This term we are looking at what keeps us healthy and how to live a healthy lifestyle. We have broken the topic into two different parts; healthy body and healthy food. We will be running a food drive for a local charity that supports homelessness and feeding people in need during the colder seasons. We will also be exploring the digestive system and how our bodies use vitamins and minerals to help us grow and survive. For the healthy body aspect of the project we will be producing exercise videos based around the students passions, this could be football, dance, video games etc. The students will have an opportunity to teach the younger students using these videos and encourage everyone at Gesher to exercise to keep our bodies healthy. Finally in food technology we will be creating and packaging our own smoothies and thinking about the nutritional value that they hold. This will also be paired with the recipes the students make during our life skills sessions that will be published online for you all to create and share.

English, PE, Science and PSHE Focus

Big Question

Health is Wealth - What does it mean to be healthy?

Driving Questions

- Why is healthy food important?
- Why is it important to move my body?
- How can I help the local community to eat healthy diet?
- What steps can I take to ensure I am healthy?

Deliverables

Time Frame: 5 weeks

- Food drive for those less fortunate
- Exercise videos for primary children to use
- Healthy smoothies
- Stories about homeless
- Recipes