



by *Dionysia Mastrogiannopoulou*

TEMPLATE - ACTIVITY/ LESSON/ UNIT PLAN

Title: "Eat Smart, Stay Active: Unlocking a Healthier Lifestyle!"

School subjects: Physical Education, Health Education, Science

Level: Middle School (Ages 12-13)

Language: English

Short description: This lesson focuses on teaching students the importance of balanced nutrition and regular exercise for a healthy lifestyle. Through reflection on their current habits, videos, group discussions, and digital tools, students will learn how to make better choices regarding their diet and exercise routines. The session includes a Padlet reflection, educational videos, a Kahoot quiz, and a group activity where students create personalized plans using Canva.

Estimated time: 120 min

Tags: Nutrition, Exercise, Healthy Living, Middle School, Interactive Learning, Digital Tools

Learning objectives:

- Reflect on current eating and exercise habits.
- Understand the importance of carbohydrates, fats, proteins, vitamins, and minerals in a balanced diet.
- Identify the physical and mental benefits of regular exercise for teenagers.
- Create a personalized weekly plan for balanced nutrition and regular exercise.
- Set realistic, achievable goals for improving their health habits.
- Use digital tools to reflect on and track progress over time.

Process:



1. **Padlet Reflection (20 minutes):**

- **Activity:** The lesson starts with a reflection exercise on **Padlet**. Students answer questions about their current eating and exercise habits.
- **Future Planning:** There's an empty column where students will later write down any changes they plan to make after the lesson.

2. **Watch Videos (15 minutes):**

- Students will watch two short videos:
 - 0. **"Healthy Eating for Kids - Learn About Carbohydrates, Fats, Proteins, Vitamins and Mineral Salts"** - <https://youtu.be/a-084pgl05U>
 - This video introduces the different components of a balanced diet, explaining the role of carbohydrates, fats, proteins, vitamins, and minerals in the body.
 - 1. **"Why Should Teens Exercise: Physical and Mental Benefits of Exercise for Teenagers"** - <https://youtu.be/NTGmhBocqvM>
 - This video highlights the benefits of regular physical activity for both the body and the mind, focusing on the specific needs of teenagers.
- The teacher can pause after each video for discussion, emphasizing key takeaways and answering questions.

2. **Kahoot Quiz (10 minutes):**

- After the videos, students will participate in an interactive **Kahoot quiz** to assess their understanding of the nutritional components and exercise benefits discussed in the videos.

3. **Group Discussion & Creation of Personal Plans (45 minutes):**

- Students are divided into small groups where they discuss what they learned from the videos and the quiz.



- Each group works together to create a **personalized weekly diet and exercise plans** using **Canva**. Groups present their plans to the class, explaining how they will apply what they've learned to their daily lives.

1. Padlet Revisit & Goal Setting (15 minutes):

- Students return to their initial Padlet post and write in the **empty column** about the changes they plan to make after what they've learned.
- This helps them visualize their commitment to making positive changes and provides a reference point for future reflection.

2. Class Discussion & Feedback (10 minutes):

- The teacher leads a class discussion based on the personalized plans and the Padlet posts. Students can give feedback to each other, discuss common challenges, and share strategies for overcoming obstacles.

3. Reflection & Conclusion (5 minutes):

- The teacher wraps up the lesson by summarizing the key takeaways from the videos, quiz, and group work. The importance of balanced nutrition and regular exercise is reinforced.
- Students are encouraged to monitor their progress over the next week and revisit the Padlet to update their posts with their progress.

Digital applications:

- [Kahoot](#)
- [Canva](#)
- [Padlet](#)

Useful Links:



- **Padlet:** (reflection and goal setting)
<https://padlet.com/mastrogiannopouloud/my-eating-and-sports-habits-starting-the-journey-to-a-health-mpnqhmquq5nak33s>
 - **Kahoot** (quiz)
<https://create.kahoot.it/share/eat-right-exercise-regularly-live-better/e596ade6-f036-4991-9007-d3a7cd1d3fe6>
 - **Canva** (creating personalized plans)
-

Conclusion:

By the end of this lesson, students will have gained a deeper understanding of how to maintain a balanced diet and the importance of regular exercise. Through self-reflection, videos, and personalized planning, they will have set realistic goals to improve their health habits. The use of digital tools like **Padlet** encourages students to take ownership of their progress, fostering accountability and personal growth. Students will be able to revisit their plans, make changes as needed, and reflect on the positive impact of their healthier habits over time.

WORKSHEET 1 (20 MINUTES)

Padlet : "My Eating and Sports Habits: Starting the Journey to a Healthy Life!"

Each student answers the following questions about their eating and exercise habits. The last question is answered at the end of the lesson.

- Do you eat breakfast? What does your morning meal consist of?
- How many meals or snacks do you eat during the day? What is your favorite snack and which food do you prefer?



- How much water you drink during the day?
- How often do you exercise during the week and what form of exercise do you prefer?
- How much time do you spend every day on sedentary activities, such as using a computer or watching TV?
- Changes in exercise and dietary habits

WORKSHEET 2 (40 MINUTES)

Students are divided into 4 groups and create weekly diet and exercise plans with Canva focusing on:

- **Balanced nutrition:** Including a variety of foods from different groups (carbohydrates, proteins, fats, fruits, vegetables, etc.).
- **Exercise routine:** Incorporating different forms of physical activity (e.g., jogging, cycling, or sports).