

CLASS : III

**SUBJECT: VALUE EDUCATION** 

**CHAPTER NUMBER: 4** 

**CHAPTER NAME : HEALTHY LIVING** 

**SUBTOPIC: INTRODUCTION, DO YOU KNOW** 

**CHANGING YOUR TOMORROW** 

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#### **LEARNING OBJECTIVE:**



#### Children will come to know:

- meaning of healthy living.
- to develop hygienic habits.

# Secret of Success by **Dr. Satyabrata Minaketan** sir Principal ODM Public school







# **Observe the pictures**





#### Let's Share:

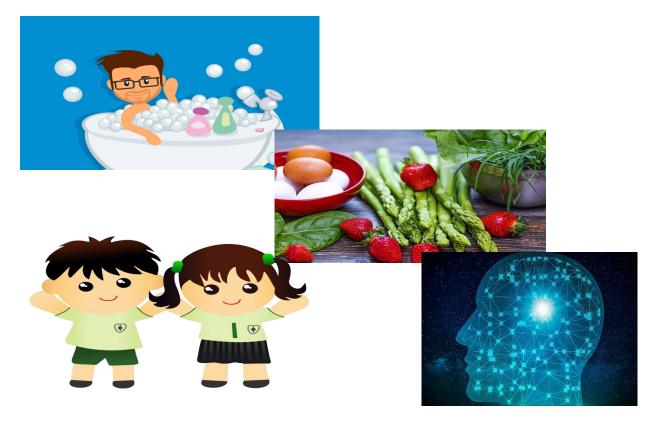
- What is the boy in the first picture doing?
- What is the boy in the second picture doing?
- Which picture is the better one?
- When you wake up, what should be your first work?
- What do you mean by good habits?
- Are you following good habits everyday?



# Healthy living includes four main things, such as:

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- ♦ A clean body
- Good food
- Good habits
- A clean mind





Do you know what good health means?

We can not say a healthy man is a fat man or a tall man or a big man.



## What can I do if I want to be healthy?

- To develop hygienic habits.
- To realise the importance of eating balanced diet.
- To understand that prevention is better than cure.
- To grow as healthy human beings.



#### **Related Video:**

https://youtu.be/dhpCdqOtuj0





#### **HOMEWORK**

# Do Activity-3 in your notebook.

## **QUIZ TIME:**

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Changing your Tomorrow

https://wordwall.net/resource/12306866

#### **LEARNING OUTCOME:**

By the end of the class, children will be able to:

- meaning of healthy living.
- to develop hygienic habits.





# THANKING YOU ODM EDUCATIONAL GROUP