

CLASS : III
SUBJECT : VALUE EDUCATION
CHAPTER NUMBER: 4
CHAPTER NAME :HEALTHY LIVING
SUBTOPIC : INTRODUCTION, DO YOU KNOW

CHANGING YOUR TOMORROW

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



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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:

- ❖ 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:

<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