


LESSON PLAN – Early Childhood Development					
Grade 8		Planned date		Date completed	
TOPIC Sub-topic(s)		Topic 9 Diseases Chapter 1 The importance of healthy living.			
CAPS REFERENCE		Term 3 week 3-4			
DURATION		2 Hours a week			
LESSON RESOURCES		<p>Pictures:</p> <ul style="list-style-type: none">▪ Picture of healthy children▪ Picture of food for healthy children▪ Pictures of the food pyramid <p>Videos Link:</p> <div> Healthy children.mp4</div>			
PREAMBLE		<p>Do you know the difference between Health and unhealthy children?</p> <p>Name different physical signs you can see on a Healthy child</p>			
OUTCOMES		<p>Knowing Healthy and unhealthy children</p> <p>Understanding the importance of healthy eating to boost the immune system.</p>			
DETERMINE PRIOR KNOWLEDGE		<p>Characteristics of Healthy children</p> <p>Knowledge on Food pyramid and different food group's</p> <p>Know how to eat healthy</p>			
INTRODUCTIO N TO THE TOPIC		<p>Show pictures of different children Talk about the physical signs to implicate if they are healthy or unhealthy.</p> <p>Explain the food pyramid and talk about the different food groups.</p>			
PRACTICAL WORK		<p>Practical Lesson</p> <p>Sign of illness in young children. How to deal with symptoms</p> <p>Prevent common childhood diseases</p>			
CONCEPTS AND TERMINOLOGY					
Concept / Term		Meaning in ECD studies context			
Healthy		in a good physical or mental condition			

Blood	the red liquid that circulates in the arteries and veins of humans and other vertebrate animals, carrying oxygen to and carbon dioxide from the tissues of the body.
energy	the strength and vitality required for sustained physical or mental activity.
hair	any of the fine threadlike strands growing from the skin of humans
protein	Protein is a substance found in food and drink such as meat , eggs , and milk
vitamins	It keeps the body healthy
LESSON PRESENTATION and FORMAL ASSESMENT INFORMAL ASSESSMENT	<p>Lesson Content:</p> <ol style="list-style-type: none"> 1. Explain the main topic and subtopics 2. Present video 3. Terminology – Disease 4. Distribute Activity: <p>Activity – Cut out a picture/pictures of a healthy child and use the physical sign to label the picture.</p> <p>Activity – Cut out pictures of different food groups and label them</p>
EAC INTEGRATION	<p>Terminology: Visual interpretation in a written response.</p> <p>Activity: Spell Test./ Word search. Language, Life Orientation</p>
EXTENDED OPPORTUNITIES	<p>Entrepreneurship</p> <p>Make a Poster with food pyramid and sell to centres.</p>
SELF-REFLECTION	