

Tarbiyah	Title: I am healthy	Day: 1	Class: Nursery		
Learning Outcomes	Activity Plan/Methodology		Time:40 minutes	Assessment of Learning	Resources
<p>Upon the completion of this lesson, Students will be able to: identify the healthy habits</p>	<p>Start Up: Begin with dua before lesson. Repeat the dua of going to sleep again and again that students can learn اللَّهُمَّ يَا نَسِيمُ أَمْوَاتٍ وَأَحْيِي</p> <p>Reinforce when to say Bismillah and Alhumdulillah.</p> <p>We Are Learning to: identify the habits that keep us healthy.</p> <p>What I am looking for: How well you understand the importance of healthy eating to stay strong and healthy</p> <p>Gained skill: This will help us to understand how important is to eat healthy</p> <p>Introduction: play this video: https://www.youtube.com/watch?v=Lu3cKrspOWk</p> <p>Ask students what do you think healthy habits are? Encourage their responses and recall that washing hands, brushing teeth twice a day, combing hairs, cutting nails and taking bath daily are healthy habits to live. Ask questions:</p> <p>If we don't wash our hands before eating food/drinking water. What will happened?</p> <p>If we don't brush our teeth daily, What will happened?</p> <p>Cutting nail is good or bad habit?</p> <p>Tell students that keep our living area clean and eating healthy food are also important to stay healthy and powerful. Ask do you know what is healthy food?</p> <p>Provide students flashcards of healthy and unhealthy habits. Divide the board in half. Label half "Healthy Habits" and the other half "Unhealthy Habits." Call them one and ask them to show their flashcard to class and paste it under correct label.</p> <p>Focused practice: Ask students to open book page 20. Talk about the pictures and talk about the things that can keep us healthy. Provide students a worksheet to sequence pictures 1-4 steps of washing hands</p> <p>Wrap up: Ask what happened if we don't take a bath for few days.</p> <p>Reflection :</p>		<p>5 mins</p> <p>10 mins</p> <p>20 mins</p> <p>5 mins</p>	<p>Students will be assessed on identifying the healthy habits</p>	<p>flashcards</p>

Tarbiyah	Title: My food plate	Day: 2	Class: Nursery		
Learning Outcomes	Activity Plan/Methodology		Time:40 minutes	Assessment of Learning	Resources
Upon the completion of this lesson, Students will be able to: identify the healthy food items	<p>Start Up: Begin with dua before lesson. Repeat the dua of going to sleep again and again that students can learn اللَّهُمَّ يَا مُبْرِكُ يَا مُقْتَدِرُ يَا مُجِيبُ</p> <p>https://www.youtube.com/watch?v=sqny8zpA--c</p> <p>Play this video at the beginning of the lesson.</p> <p>We Are Learning to: identify the healthy food and unhealthy food</p> <p>What I am looking for: How well you understand the importance of healthy eating to stay strong and healthy</p> <p>Gained skill: This will help us to understand how important is to eat healthy</p> <p>Introduction:</p> <p>Tell students that to stay healthy we need to eat food. Food makes our body healthy and strong. If we don't eat food, we will become weak day by day. Healthy foods are fruits, vegetables, milk, meat etc. show the healthy food makes our body strong and healthy. Tell them food provide us energy to work and play. We get food from plants and animals. Food protect us from sickness. Tell them about unhealthy food items and how they make our body slow. Play this video and sing with them:</p> <p>https://youtu.be/YZiIC-U7S8I</p> <p>Show different food items through flashcards/ ppt/ plastic toys and ask students to say its name and tell healthy or not healthy.</p> <p>Focused practice: Ask students to open book page 21. Talk about the picture and ask their names. Help students to circle only healthy food items in given food plate. Ask them do you know which thing made our bones strong? Celebrate a healthy food week in class. Display the poster of bring healthy lunch, say no to junk food. Encourage those students who bring only healthy food</p> <p>Wrap up: Ask students to fruits and vegetables names and ask are they healthy or not?</p> <p>Reflection :</p>		5 mins	Students will be assessed on identifying the healthy food items	flashcards
	10 mins				
	20 mins				
	5 mins				

