



HEALTH AND DISEASE

INTRODUCTION

Of all the literacies that are required for humans in the 21st century, health is one of the most important, if not the most important, one. Only by being health literate can we ensure that we keep ahead of most diseases, and remain productive and happy.

Learners begin by defining for themselves the meaning of life, disease and health. They then go on to explore health related aspects of exercise, routine and food.

Learners exit this module: with a basic understanding of health literacy, and with the capability to easily learn and understand intermediate and advanced concepts in higher levels.

This module is a part of the "EXPLORE - COMMUNITIES AND CULTURES" series.

MODULE DETAILS

- **Series 6: Live - A Happy, Healthy and Responsible Life**
- **Module 2: Health and Disease**
- **Student Accomplishment Level: 1**

Grade Group : 1-3 Number of Sessions: 8 Session Duration: 60 min

SESSION EXPERIENCE

1. **Tuning in:** Understand the module structure and goals. Learn the terminology and prerequisite concepts needed for this module.
2. **What is Life?:** Explore what it means to be alive through a series of activities.
3. **What is Disease?:** Understand how different diseases make one feel sick in different ways.
4. **What is Health?:** Understand how health is not just an absence of disease.
5. **Right your Exercise:** Explore different ways in which you add physical activities to your everyday lives.
6. **Healthy Habits:** Understand why your parents and elders keep asking you to do specific things from morning to night!
7. **What should I eat?:** Explore different foods and create the perfect healthy plate!
8. **How did I do?:** Reflect on the learnings in this module: definition of life, disease and health, importance of exercise and routine and basics of good nutrition.

Learning Objectives:

Learners will:

1. Be able to understand and define life, disease and health.
2. Be able to develop and follow a healthy daily routine.
3. Be able to describe what constitutes healthy food.
4. Follow instructions and think critically.
5. Engage in active collaboration and communication.

