

Staying Healthy

Pupils design blank posters with health slogans on them. Posters are then swapped, illustrated and displayed.

Activity 1 – Designing posters

- Pupils in both countries work in groups to come up with health messages for posters.
- The posters could focus on a range of messages such as the importance of washing hands, washing vegetables, doing exercise, seeing a doctor if you feel ill etc.
- Pupils create blank posters with only a message (perhaps presented in an interesting way however) and a space for illustration.

Activity 2 – Swap and Illustration

- Posters are swapped
- Pupils illustrate the posters appropriately for the message
- Posters are kept and displayed in both schools
- Schools can exchange photos of the final display (ask Link Ethiopia to arrange this if you need to)

KEYSTAGE 1 & 2 CURRICULUM LINKS

Art and Design

- Use a range of materials and processes, including ICT to communicate observations

Science

- Nutrition, health, life processes
- Presenting information

Citizenship

- What makes a healthy lifestyle

English

- Choosing appropriate language for context

A Healthy Diet

Pupils investigate what constitutes a healthy diet and keep a food diary. They use this information to create a display for their partners, which is swapped and investigated. This activity explores healthy eating and diversity.

Activity 1 - What makes a healthy diet?

- Pupils investigate what constitutes a healthy diet.
- They make a display to illustrate this.
- This could take the form of drawings and diagrams of different food groups with explanations and examples of healthy food.

Activity 2 - The food diary

- Pupils investigate their own diets with a food diary. They keep a diary over one week.
- Pupils then examine how healthy their diet is and make mutual recommendations for improvements. What should they eat more/less of?
- Posters and food diary are then exchanged with the partner school.

Activity 3 - Discussion and investigation

- Food diaries received from the partner school are investigated.
- Points for discussion:
 - What sort of diet do Ethiopian pupils have?
 - How healthy is it compared with our diets?
 - How does their diet differ from ours? Is there as much variation?
 - What might cause these differences? – *different foods grown in Ethiopia/different climate/lack of money to buy expensive foods/shopping at a local market instead of a supermarket?*

KEYSTAGE 1 & 2 CURRICULUM LINKS

Art and Design

- Use a range of materials and processes, including ICT to communicate observations

Science

- Nutrition, health, life processes
- Investigating different sources
- Presenting information

Citizenship

- What makes a healthy lifestyle
- Understanding differences between people in different places

English

- Choosing appropriate language for context

Further Work

- How about a campaign to encourage healthy eating in the school community?
- If there is a school canteen, pupils can investigate the food served there? Do they provide balanced meals? If not, what changes can pupils suggest and campaign for?

Sports swap

As part of a healthy lifestyle, pupils try out a traditional Ethiopian sport called 'Genna', whilst Ethiopian pupils learn how to play Touch Rugby.

KEYSTAGE 1 & 2 CURRICULUM LINKS

Physical Education

- Why exercise is important for health
- Applying rules, conventions and tactics of different activities

Genna

Genna is a traditional team sport in Ethiopia. It is believed that Ethiopians have been playing it for more than two thousand years. Our game of hockey, which only started being played in the West in the early 19th century, is a modern adaptation of Genna and other similar sports played in ancient times.

Two teams of equal number of players use wooden sticks to hit, push or flick a ball into the opposing team's goal. The winning team is the one that scores the highest number of goals during the game.

The rules and team tactics are similar to hockey. The differences between Genna and hockey are:

- The playing field is 100m long by 50m wide
- The goal is 3m wide by 1m high
- The sticks are pieces of wood 1m long and 10cm wide (with a hook at the bottom) and are decorated in black and white stripes
- The ball is made of wood and is covered with animal skin
- There are 18 players in a team – 10 on the field at any one time and 8 in reserve
- One player is the goal keeper and one is called the "team father", like a team captain
- Games are 60 minutes long, with a break at half-time
- If the score is equal at the end of 60 minutes, an additional 20 minutes are played, and then if still equal, penalty shots are taken
- Team members wear traditional Ethiopian clothing when playing Genna – white trousers and a white shirt