

MORAL EDUCATION FOR WEEK 30- YEAR 7	
Subject	Moral Education
Session	ZOOM SESSION
Class/ Division	Year 7(A- F)
Week	30 (21 st MARCH- 25 th MARCH)
Work send to students via	Google Classroom
Total number of lessons per week	2
Unit	UNIT 2
Lesson 1	HOW HEALTHY IS YOUR LFIESTYLE?
Learning Objective	<ul style="list-style-type: none"> • Recognise their responsibility for caring for themselves, including the importance of healthy eating, sufficient sleep and regular exercise. • Explain how choices about these factors affect their lives in the short and longer term
Tasks (Day 1)	<p><u>Explain</u></p> <ul style="list-style-type: none"> • Nutrition • Diet • carbohydrate <p>DISCUSS:</p> <ul style="list-style-type: none"> • Is it important to eat healthy? Why? • What food would you consider as healthy? • The importance of sleep and exercise • Why these are important to be a part of our routine. <p>TASK</p> <ul style="list-style-type: none"> • Activity 1- page 4
Resources	<ul style="list-style-type: none"> • Text book • Power point
Tasks (Day 2)	GOOGLE CLASSROOM
	<ul style="list-style-type: none"> • Activity 2- Page 5

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