

## A research project: A healthy life 3-rd grade-8-9 years old

Description of the project activities.

Working on lessons with integrative connections is a useful and innovative method that allows the development and upgrading of the language skills and provides high motivation and activity of students. In the course of learning English in the third grade, project-based learning is an integral part of the lessons for consolidating new knowledge and interdisciplinary links, significantly contributing to better learning of a foreign language. The presented practical models of work on a project of general education show a part of the English language training for the development of language skills.

The focus of the project is on a practical research so that students can reach important conclusions for their health. The parent community also participated in the survey, as they monitored the regular recording of the answers in the survey process. They also helped to summarize the results in large posters where students noted the answers.

Project goals:

- practicing and upgrading the vocabulary on the topic, developing language skills;
- responsibility, awareness when filling out the survey;
- conclusions and advice for the class after filling in the board and summarizing the results;
- students to get accurate information about their health;
- fostering responsibility and care for one's own health;
- commenting on the results with the children's parents;

Activity type: discussion, presentations, videos, research tasks;

Class organization: group work

Skills focus: listening, reading, speaking, writing



Short description of the lessons, classroom activities and the research tasks:

(1-st activity) The title of the lesson: Science “Healthy Harry”

- Students watch a video lesson about Healthy Harry
- Then they discuss about how Harry eats and whether he lives a healthy life
- The children work on different pictures and tell what is healthy and what is not healthy
- Students draw or look for pictures for their healthy lifestyle
- They make an exhibition with their drawings on the topic health.

(2-nd activity) The research tasks: making a board (poster) of the class with the names of all the children and the answers to the questions related to the topic of healthy living.

For the period of one week, each student filled out a questionnaire independently through self-observation, answering the following questions and judgments:

- I eat fruit or drink a glass of juice every day. Answers: Yes. /No.
- How many hours do you play sports? The children record the time in minutes and hours.
- How many hours do you watch TV, play on the computer or your mobile phone? They record the time in minutes and hours
- I don't eat sweets. Answers: Yes. / No.

The questions are topical and aimed at obtaining real information: "Are our children eating and living healthily?" Although a bit difficult to implement, the work on the project was very interesting and extremely useful for each of the students.



## PRESENTATION OF SUMMARY RESULTS FROM THE SURVEY

A. Summarized results of the students' answers to the judgment "I eat fruit or drink a glass of juice every day." Answers: Yes. / No.

№	Name	I eat fruit or drink a glass of juice every day.						
		1-st day	2-nd day	3-rd day	4-th day	5-th day	6-th day	7-th day
1	A	-	-	-	-	-	-	-
2	A	Yes	No	No	Yes	Yes	No	Yes
3	B	Yes	Yes	Yes	Yes	Yes	Yes	Yes
4	V	No	No	No	No	No	Yes	Yes
5	V	Yes	Yes	Yes	Yes	Yes	Yes	Yes
6	D	Yes	Yes	No	Yes	No	Yes	No
7	D	Yes	Yes	Yes	Yes	Yes	Yes	Yes
8	E	Yes	Yes	Yes	Yes	Yes	Yes	Yes
9	E	Yes	Yes	Yes	Yes	Yes	Yes	Yes
10	I	Yes	No	No	Yes	Yes	Yes	Yes
11	I	Yes	Yes	Yes	Yes	Yes	Yes	Yes

12	K	Yes	No	No	No	No	No	No
13	K	Yes	Yes	Yes	Yes	Yes	Yes	Yes
14	L	Yes	Yes	Yes	Yes	Yes	Yes	Yes
15	M	Yes	Yes	Yes	Yes	Yes	Yes	Yes
16	M	Yes	Yes	Yes	Yes	Yes	Yes	Yes
17	M	-	-	-	-	-	-	-
18	M	Yes	Yes	Yes	Yes	Yes	Yes	Yes
19	N	Yes	Yes	Yes	Yes	Yes	Yes	Yes
20	P	Yes	Yes	Yes	Yes	Yes	Yes	Yes
21	S	Yes	Yes	Yes	Yes	Yes	Yes	Yes
22	S	Yes	Yes	Yes	Yes	Yes	Yes	Yes
23	S	Yes	Yes	Yes	Yes	Yes	Yes	Yes
24	S	Yes	Yes	Yes	Yes	Yes	Yes	Yes
25	T	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Answer: ""No." (per day)		4%	17%	22%	9%	13%	9%	9%
Answer: " No." (average per day for the week)							12%	

*Chart.1. Summarized results of the students' answers to the judgment "I eat fruit or drink a glass of juice every day." Answers: Yes./No. Chart.3. Summarized results of the students' answers to the question "How many hours do you watch TV, play on the computer or your mobile phone?" Record duration in minutes and hours.*

B. Summarized results of students' answers to the question "How many hours do you play sports?" The children recorded the time in minutes and hours.

№	Name	How many hours do you play sports?						
		1-st day	2-nd day	3-rd day	4-th day	5-th day	6-th day	7-th day
1	A	-	-	-	-	-	-	-
2	A	1,5	2	1,75	1	1,5	1,83	2
3	B	1,25	1	1,25	1	1	1	2
4	V	1,5	1,5	1,5	1	1,5	1,5	1,5
5	V	1	1	1	1	1	1	4
6	D	2	1	3	4	1	2	3
7	D	3	1	2	4	0.5	1	3
8	E	5	5	4	3.66	2.5	4	2
9	E	1	2	2	3	1	2	1
10	I	2	2	2,25	1.5	1	3	5
11	I	3	3	4	4	3	5	6
12	K	4	4	4	4	4	4	4

13	K	2	3	2	3	2	1	2
14	L	2	2	2	1	2	1	2
15	M	1	1	1	1	1	0,5	0,16
16	M	4	4	3	5	4	2	3
17	M	-	-	-	-	-	-	-
18	M	3	4	3	4	5	5	5
19	N	3	0,5		1	2		
20	P	2	3,66	2	1,33	1,33	1,33	4
21	S	2	2	2	2	2	2	2
22	S	1	2	1	2,5	2,5	3,66	4
23	S	3	1	2	3	2	5	3
24	S	2	4	3	5	2	3	6
25	T	4	5	3	2	5	7	6
Average per day in hours		54,25h.	55,66h.	50,75h.	58,99h.	48,83h.	57,82h.	70,66h.
Average per day in hours and minutes		54h.15m.	55h.40m.	50h.45m.	58h.59m.	48h.50m.	57h.49m.	70h.40m.
Average per day for the week							53h. 43m.	
Average per day per student for a week.							2h. 28m.	



Chart.2. Summarized results of the students' answers to the question "How many hours do you play sports?" The children recorded the time in minutes and hours.

C. Summarized results of the students' answers to the question "How many hours do you watch TV, play on the computer or your mobile phone?" The children recorded the time in minutes and hours.

№	Name	How many hours do you watch TV, play on the computer or your mobile phone?						
		1-st day	2-nd day	3-rd day	4-th day	5-th day	6-th day	7-th day
1	A	-	-	-	-	-	-	-
2	A	3	2,5	3	1	1	1,16	2,75
3	B	3	3	3	3	3	3	3
4	V	5	3	5	5	2	5	3
5	V	1	1	1	1	1	3	1
6	D	1	0,08	2	1	0,16	1	2
7	D	3	2	2	1	1	2	3
8	E	1,5	2	1,5	1,5	2	0,5	1
9	E	1	1	1,5	1	1	1,5	2
10	I	4	3	1	3	3	5	2
11	I	3	3	2	3	3	4	3
12	K	2	2	2	2	2	2	2

13	K	5	3	4	2	3	4	5
14	L	2	2	2	1	2	1	2
15	M	6	5	8	5	8	9	1
16	M	3	2	3	3	2	3	2
17	M	-	-	-	-	-	-	-
18	M	2	4	3	3	4	3	3
19	N	4	3	5	2	3	1	2
20	P	7	2	2	2	2	4	2
21	S	3	4	4	4	4	2	2
22	S	0,5	0,5	0,5	0,5	0,5	0,5	1
23	S	0.5	2	3	2	3	1	2
24	S	1	3	6	1	1	4	3
25	T	9	8	7	4	8	7	3
Average per day in hours		70,50h.	61,08h.	71,50h.	52,00h.	59,66h.	67,66h.	52,75h.
Average per day in hours and minutes		70h.30m.	61h.5m.	71h.30m.	52h.0m.	59h.40m.	67h.40m.	52h.45m.
Average per day for a week							62h. 10h.	
Average per day per student for a week.							2h. 42h.	





Chart.3. Summarized results of the students' answers to the question "How many hours do you watch TV, play on the computer or your mobile phone?" Record duration in minutes and hours Chart.2. Summarized results of the students' answers to the question "How many hours do you play sports?" The children recorded the time in minutes and hours.

#### D. Summarized of students' responses to the judgment "I don't eat sweets."

Answers: Yes./No.

№	Name	I don't eat sweets.						
		1-st day	2-nd day	3-rd day	4-th day	5-th day	6-th day	7-th day
1	A	-	-	-	-	-	-	-
2	A	No	Yes	No	No	No	No	Yes
3	B	Yes	Yes	Yes	Yes	Yes	Yes	Yes
4	V	No	No	No	No	No	No	No
5	V	Yes	Yes	No	No	Yes	No	No
6	D	No	Yes	No	No	Yes	No	Yes
7	D	No	No	No	No	No	No	No
8	E	No	Yes	Yes	Yes	Yes	Yes	No
9	E	Yes	Yes	Yes	No	No	No	No
10	I	Yes	Yes	Yes	Yes	Yes	Yes	Yes
11	I	No	Yes	Yes	No	Yes	No	No
12	K	Yes	No	Yes	No	Yes	No	Yes

13	K	No	No	Yes	Yes	Yes	No	Yes
14	L	Yes	Yes	Yes	Yes	Yes	Yes	Yes
15	M	No	No	No	No	No	No	No
16	M	No	No	No	Yes	No	Yes	Yes
17	M	-	-	-	-	-	-	-
18	M	No	Yes	Yes	No	No	No	No
19	N	No	No	No	No	No	No	No
20	P	No	No	Yes	Yes	Yes	No	No
21	S	No	No	No	No	No	No	No
22	S	Yes	Yes	Yes	Yes	No	Yes	No
23	S	Yes	No	No	Yes	Yes	No	Yes
24	S	No	No	No	No	Yes	No	No
25	T	No	No	No	No	No	No	No
Answer. " No" (per day )		65%	52%	52%	61%	48%	74%	61%
Answer. " No" (Average per day for a week )							59%	

*Chart.4 Summary of students' responses to the judgment "I don't eat sweets." Answers: Yes./No.*

We can summarize:

25 students took part in the project work. One of them was absent during the study. The child from autism spectrum is dealt with during the lesson to summarize and discuss the results, as the

duration of work on the questionnaire was too burdensome for him. In addition to upgrading and practicing vocabulary and developing language skills, important conclusions were made with the students about their health. After consulting with various sources on healthy eating and sports, it was found that 88% of children eat fruit every day (Chart 1), but consume too many sweet products 59% (Chart 2). Students exercise an average of 2h.28m. per day for a week., which is a very positive result (Chart 3). The result of (Chart 4) is very worrying. Students stand for a long time in front of a computer, mobile phone or TV - 2 hours. 42m., and is recommended only one hour a day by specialists. We discussed the proverb "An apple a day keeps the doctor away".

The names of the students are entered only with a capital letter for the purpose of confidentiality.

The boards in the classroom are illustrated with pictures and drawings, according to the age of the third graders.

(3-rd activity) What's on the menu?

We discussed with the students the results of the research. The children made a healthy menu. We also included the parents in the discussion. A very useful fact was that the students themselves came to important conclusions.

We believe that this research is applicable to other students and it is very useful for motivating students and parents for a healthier lifestyle.

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