

Activities on Health and Hygiene

 By [Azim Premji University](#) | Sep 26, 2018

On face of it, they indeed are EVS activities. When you scratch the surface, you will notice so many other interesting themes (like, surveying, map making, presenting data, creating workable models and prototyping) that come handy in other subjects, emerge on the sidelines of the content explored. Try them out.


Duration:

(All day)

Activity Steps:

Activities	OUTCOME
1. Measuring height, weight for themselves and for class 1-3 (HANDS ON ACTIVITY)	1. Identifying cases of Malnourishment 2. Attention by health authorities in severe cases
2. Keep a food diary - find out food grown in home/ village; find out food brought from outside. Could be done thrice a year to see seasonal variations (SURVEY)	1. Understanding deficiency in dietary habits 2. Making appropriate changes in diet 3. Making simple nutritious food in school/at home
3. Growing some greens (e.g. Methi) in school and home ; introducing sprouting pulses (HANDS ON ACTIVITY)	
4. Make a disease profile - survey to find out from the family and village in the last 3 months who has fallen ill and why. (SURVEY)	1. Figuring out what diseases affect them and when in order to highlight problems/ issues 2. Figuring out preventive and curative measures for each disease.
	1. Making home remedies 2. Advocating with adults

<p>5. Sanitation: Village survey and colour map of houses without toilets. Visual data to be shared with Gram Panchayat/ community. (SURVEY AND PRESENTATION)</p> <p>6. Water: Village survey and colour map of sources of drinking water; Find out problems with drinking water (if fluoride /arsenic); share data with Gram Panchayat/ community. Mapping poor drainage where mosquitoes breed (SURVEY AND PRESENTATIONS)</p> <p>7. Make a water filter (HANDS ON ACTIVITY)</p> <p>8. Waste and Cleanliness: waste /garbage survey and current use of waste (for fuel/for reselling etc). Clean village campaign (SURVEY AND PRESENTATIONS)</p> <p>9. Making compost; collecting and segregating school and home waste, reuse and recycle of waste (HANDS ON ACTIVITY)</p> <p>10. Personal hygiene washing hands. Cutting nails, dental hygiene etc (already done)</p> <p>11. Traditional local cures: Reviving traditional practices (use of ginger for cough; making simple concoctions in classrooms using Tulsi etc: Making a herbal garden. (HANDS ON ACTIVITY)</p>	<p>and adult institutions regarding water and sanitation</p> <p>3. Improving water and sanitation condition of village</p> <p>4. Cleaning own village</p> <p>5. Reviving Traditional Practices</p> <p>Generic outcomes for all:</p> <p>1. Proper recording of information and data</p> <p>2. Analysing simple data and drawing conclusions</p> <p>3. Presenting data to authorities (through visual aids like charts and maps)</p> <p>4. Involving parents and community</p> <p>5. Developing maths and language competencies</p>
--	--

Category: Classroom Resources

Subject: Environmental Science
Sports and Physical Education
Science & Technology
Social Studies

Board: All boards

Grade: Early Childhood Education
Class 1-2
Class 3-5
Class 6-8
Class 9-10

License: CC BY-NC-SA

Source URL: <http://teachersofindia.org/en/activity/activities-health-and-hygiene>