



R.A.K.A. A 2021

Health Education

Having the opportunity to share with the school community, what health education aspects will be covered in the 2020 -2021 academic year is truly an honor.

Encouraging the students of RAKAA to maintain a healthy and active lifestyle are two major themes that will be covered in the new academic year. It is a known fact that we, that being all of us living in the 21st century, could strive to be healthier.

Some of the topics that will be covered during our health education lessons will include:

Healthy eating habits:

- Healthy food choices
- Effects of excessive sugar intake
- Carbonated drinks, sugar content
- Energy drinks, do they really work?
- Different types of healthy food options

How to keep physically active in a small space:

- Creative and effective exercising in small spaces
- Benefits of staying fit / keeping active
- Examples of effective exercising in small spaces
- How does staying physically active promote overall health

Importance of sleep:

- What are the effects of too little sleep?
- Optimum amount of sleep for teenagers
- Optimum amount of sleep for preteens
- What are the benefits of getting enough sleep?

Student lead lessons on how to stay healthy:

- Student will be given the opportunity to research these options
- Share their findings with their classmates

[#keephealthy](#)

