

AgriKids Farm Safety Ambassador



Theme 5: Healthy Eating & Wellbeing

Level: 1st – 2nd Class

Objective

In this theme we will be highlighting the importance of farmer health and wellness. How farmers must protect themselves against the elements, a healthy diet and the importance of staying fit and healthy. The topics are also relevant to non farmers!

Learning outcome topics

1. Protecting yourself against the weather
2. Healthy eating
3. Feeling well and happy.

Tip: You can use the Farm Safety Workbook in conjunction with this discussion.

Topics

1. Protecting against the weather

The weather is both a farmer's biggest enemy and best friend. Sun, rain, wind and frost are important but needed at different times. Too much sun dries up the earth and nothing grows and too much rain causes the crops to rot in the ground. A little bit of everything is just right.

1. On the board write up the following types of weather.

A. Sunny day B. A rainy day C. A very cold day

2. Now ask the children what the farmer should do to stay well on these types of days.

3. Discuss what might happen if they do not protect themselves.

A. Sunny day - Be Sun Smart

To protect themselves, farmers must remember to cover up from the sun's damaging rays:

- Wear sun cream with a high SPF (Skin protection factor).
- Wear a hat to protect skin on their head
- Wear Long Sleeves
- Protect their eyes with sunglasses



B. A rainy day

Wearing wind and rain proof work wear protects the farmer from the harshness of wind and rain while also keeping them warm and dry. This will help them avoid getting a cold or flu.

- Waterproof overalls
- Wellington boots
- Jacket with hood
- Rain hat



C. A cold day

We know that wearing wind and rain proof work wear protects the farmer from the wind and rain so what happens when it is very cold? Remind the children what they wear to keep warm.

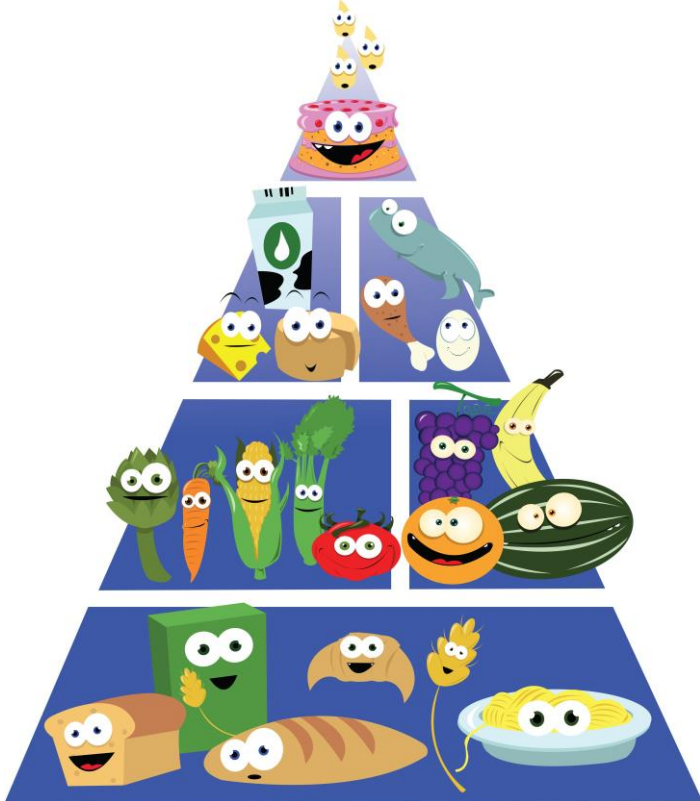
- A woolly hat
- Gloves
- An extra jacket
- A vest

2. Diet and Exercise

Diet

Farmers spend their days producing the best quality food so it is important that their diet is equally good. We know too many sweets, chips and fizzy drinks can be bad for us and lead to problems such as obesity and diabetes. Farmers can help prevent these things by:

- Eating a balanced diet (the food pyramid is a great guide)
- Eating nourishing food (think of a rainbow on your plate, the more colour the better)
- Drinking plenty of water (always have bottles of water in their tractors during busy times)
- Keep active! (Activities away from the farm can recharge the mind and the body!)



Create a rainbow on your plate



Exercise is a great way to feel good and stay well.

Exercise

As a group decide what kind of exercise a farmer might do as part of their work day.

- Walking in fields
- Carrying buckets
- Herding livestock

Now ask the class what other kind of exercise they could do that would help their mental wellbeing as well as helping to stay fit. Eg.

- Joining local gym
- Playing football or other sports in local club or with friends
- Taking up swimming

Creating habits that are both healthy and social can really benefit our physical and mental wellbeing.

3. Rest

Early mornings and late nights can take their toll. Especially during those very busy times, farmers must remember to sleep and take breaks. It can help them not only feel better but will help them work better too.

The times of the year when farmers are most likely to be busy and need rest are:

- Harvest time
- Calving time
- Lambing time
- Silage and hay

By getting enough rest we all can be at our very best!



Follow up activities & projects

- Complete the activities in the workbook
- Check out our white board and PC games: Farm Yard Safety, Off to Work and Follow the Signs on agrikids.ie
- Create a food pyramid of your own – tip: check out Healthyireland.ie
- Download and fill in our 'Spot the Dangers' worksheets.
- Sign up for an AgriKids webinar
- Create an exercise calendar for the class - allocating 30 mins exercise each day.
- Invite a nutritionist or chef into class to explain to the children about healthy eating.
- Create a farming calendar for different times of the year when a farmer might be very busy.
- Why not make a healthy smoothie or soup in class.
- If you have a model farm in class add in an area for a slurry pit and put up the correct signs.
- Check out the PAWS the water safety programme from Irish Water Safety.