

ISA Teacher Activity Evaluation Form

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Activity number

To be completed by the International co-ordinator:

School name: <u>The Ambassadors College Ota</u>	LA/Board: <u>ABO-UDO OTA</u>
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To be completed by a teacher:

Name: <u>Mr Adekunle I-A.</u>	Year group of child: <u>15-16 Yrs.</u>
Title of activity: <u>Eat Right Live Long.</u>	Date: <u>25/10/23</u>

What impact has this activity had on the pupils involved (at your school or in your local community)?

Through this activity, the students are now aware that good nutrition improves well-being and also helps to manage a healthy weight. They are now conscious of what they eat as they know the risk of chronic diseases that may result in eating unhealthy food.

Comment on the impact this activity has had on you and any other staff involved (at your school or other schools).

As a person, this activity made me to know that it is expensive to be unhealthy. Eating good food maintains our immune system and has a positive effect on our mood.

Comment on the impact this activity has had on the school generally.

Larger percentage of the students now preach the gospel of "eat right live long". The school also ensure they remind the students of the dangers of eating right.

Please make any suggestions for improvement (e.g. What was the most effective part of this activity for you and why? What was the least effective and why?)

The most effective part of this activity is the display of varieties of combination of food that promote the healthy living. This helped everyone to know what to eat and not to eat to stay healthy.

Any other comments?

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Activity number

To be completed by the International co-ordinator:

School name:	The Ambassadors Coll. Ota	LA/Board:	Ado-Odo/Ota
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To be completed by a teacher:

Name:	IFE, B. A (MRS)	Year group of child:	Grade 11 (15-16)
Title of activity:	Eat right, live long	Date:	25/10/2023

What impact has this activity had on the pupils involved (at your school or in your local community)?

The learners were enlightened on the importance of eating a balanced diet; they also learnt about the havoc done to the body system by taking or consuming 'junk' (foods).

Comment on the impact this activity has had on you and any other staff involved (at your school or other schools).

What we eat have a great effect on the functionality of our body system; building of the body immune system also have long-time effect on the aging of our body parts as we tend not to fall sick often if we eat right.

Comment on the impact this activity has had on the school generally.

It has made every individual to appreciate the importance of eating food which has all required nutrients in the correct proportions and cutting down on the intake of street foods and carbonated drinks. Also as a school we embrace drinking water more instead of fizzy drinks.

Please make any suggestions for improvement (e.g. What was the most effective part of this activity for you and why? What was the least effective and why?)

- Identifying the common (street food) which we consume most times and being able to educate us on how to such food in situations where we cannot but eat them.
- Analyzing the components of food we eat in our locality and the role of each component in our over-all health conditions.

Any other comments?

Food is important to keep living; we learnt that we need to choose the items of our meal intelligently not just eating anything because we can afford it but to get value (nutritive) for our money by eating right.

Thank you for your time and comments.

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Activity number

To be completed by the International co-ordinator:

School name:	THE AMBASSADORS COLLEGE	LA/Board:	Ado. Odo, OCS
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To be completed by a teacher:

Name:	Mrs Anobara Oyeniran	Year group of child:	Grade 11 (15-16)
Title of activity:	Eat right, live long	Date:	25/10/23

What impact has this activity had on the pupils involved (at your school or in your local community)?

The pupils of the school now understand the importance of proper diet on the health, the meaning of balanced diet and the composition of a balanced diet.

Comment on the impact this activity has had on you and any other staff involved (at your school or other schools).

I and my colleagues, ~~but~~ through this project, have paid more attention to the things we consume and the effects they have on our health.

Comment on the impact this activity has had on the school generally.

The school has now inculcated the balanced diet to our daily mid-day meals and healthy snacks in our tuckshop.

Please make any suggestions for improvement (e.g. What was the most effective part of this activity for you and why? What was the least effective and why?)

The most effective part of the activity is the presentation of slides by the student and the educative part of it.

Any other comments?

Thank you for your time and comments.