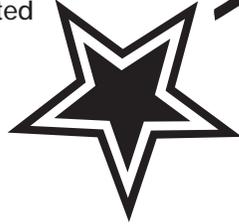


Adventures in learning, created
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Students explore ways to be healthy, describe how healthy eating and physical activity help them feel good and set their own healthy habit goals.

Learning Expectations:

1. Identify daily habits for health (eating well, being active, eating breakfast, taking care of teeth, drinking water and getting enough sleep).
2. Describe the benefits of healthy eating and physical activity.

Subject Links:

Health, Language, Art, Physical Education, Drama

Materials & Resources:

- ☆ Chart paper
- ☆ Marker
- ☆ Writing paper
- ☆ Drawing paper
- ☆ Painting or drawing supplies

Class Discussion:

The *MISSION NUTRITION** Team wants to know what people on planet Earth do to stay healthy. The following activities help students explore habits they can practice every day to feel healthy and well:

- ☆ Brainstorm ideas and on a piece of chart paper, make a list of "Great Ways to be Healthy" to post in your classroom.

- ☆ Have several students describe a habit for health that helps them feel good.
- ☆ Ask students to describe the benefits of healthy eating and physical activity.

Teaching Tip:

Focus on the short-term benefits of habits for health, such as: "eating well and being active helps your body grow healthy and strong" and "eating well gives you energy to learn new things and play." Emphasize the positive rather than the long-term consequences of poor habits.

Activities:

1. Challenge students to create their own skipping rhyme promoting habits for health. Start with a popular rhyme that most students know such as "Apples, peaches, pears and plums, tell me when your birthday comes" then have them substitute healthy habits for the original words.
2. Have students complete the word puzzle on the *Healthy Habits Word Search* activity sheet (see *Student Mission 2*) and choose their own health goal to work on for the week. Some discussion may be necessary for students to understand the concept of setting a short-term goal and developing an action

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Continued

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plan to achieve their goal. For example, students could choose as their goal to eat breakfast every morning. Their action plan might be to help prepare their own breakfast each day. Ask students to write their goal and action plan down on a sheet of paper. At the end of the week, divide the class into small groups and have students share their goals and their experiences in trying to follow their action plans. Encourage students to support each other with helpful ideas.

Student Mission 2: Healthy Habits Word Search

The *Healthy Habits Word Search* helps students identify daily habits for health. Students can help *Glubber** solve the puzzle by finding the six habits for good health.

Home Connection:

Making a "Family Health Habits" booklet can help students identify things they do independently or with their families for healthy living.

In Class: Provide each student with a sheet of paper to make a booklet. Fold the paper into four, cut along the folds and staple the pages together. On the cover, have them write the title "My Family's Health Habits".

Then discuss activities they can do with their family that are part of healthy living. Write the following list of habits for health on chart paper or a board in the classroom to guide your discussion and ask for some examples. Students then copy these habits, one per page in their booklets.

- ☆ Healthy Eating
- ☆ Being Active
- ☆ Eating Breakfast
- ☆ Brushing Teeth
- ☆ Drinking Water
- ☆ Sleeping Well

At Home: Have students work with their families to create a "Family Health Habits" booklet. Ask them to personalize the booklets they made in class by drawing an activity they do independently or with their family under each heading.

In Class: Ask students to bring their completed booklets back to class at the end of the week and in small groups share ideas of things they can do to be healthy.

Active Learning: ABC Movement and Mime

Sit in a circle and play a game where students take turns using movement and mime to demonstrate a physical activity for each letter of the alphabet. Begin by asking for a volunteer to demonstrate an activity that begins with the letter "A". The other students try to guess which activity their classmate is demonstrating. Then ask for a volunteer to use movement and mime to demonstrate an activity that begins with the letter "B" and so on.

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