


Physical and Health Education – Weekly Health Journal

Curriculum: Physical and Health Education	Learning Goals: -Explore strategies for making healthy eating choices.
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Materials
-Empty notebook or blank paper (to be used weekly as a health journal) -Pencil

Activities
<p>-Student will begin a Health Journal to document different components of healthy living each week.</p> <p style="text-align: center;">This week's focus: Healthy Eating</p>  <p>-Pick one meal time to document for this week (breakfast, lunch, dinner). -Ask: What foods do you see that help you to be healthy? Have student identify the foods during this meal time that contribute to health. -Date your page each day this week. Draw and label the foods that are identified in the meal each day this week. -Write a sentence or paragraph to explain how you can make sure you have healthy eating choices with each meal.</p>