


Physical and Health Education – Weekly Health Journal

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

Activities
-Student will begin a Health Journal to document different components of healthy living each week.
This week's focus: Healthy Eating

-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. -Watch these videos: Healthy Eating -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.
Extension: How will a change of setting effect your healthy eating choices (e.g. being at a friend's house or going to a restaurant)?