


## Physical and Health Education – Weekly Health Journal

<b>Curriculum:</b> Physical and Health Education	<b>Learning Goals:</b> -Describe the impacts of personal choices on health and well-being.
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<b>Materials</b>
-Empty notebook or blank paper (to be used weekly as a health journal) -Pencil

<b>Activities</b>
<p>-Student will begin a Health Journal to document different components of healthy living each week.</p> <p style="text-align: center;"><b>This week's focus: Healthy Eating</b></p>  <p>-Pick one meal time to document for this week (breakfast, lunch, dinner). -Explore <a href="#">Canada's Food Guide</a> to understand and review -Ask: What foods do you see that help you to be healthy? Have student identify the foods and portions 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 paragraph to explain what part of this meal each day follows the <a href="#">Eat Well Plate</a> guide. What food or portions can you add or remove to create a healthier meal? What impacts do these changes have on your health and well-being?</p> <p><b>Extension:</b> -Visit the <a href="#">Eat Well Plate</a> webpage. -Create a healthy meal plan for one meal in the day (breakfast, lunch, and dinner).</p>