


Physical and Health Education – Weekly Health Journal

Curriculum: Physical and Health Education	Learning Goals: -Describe the impacts of personal choices on health and well-being.
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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> <div style="text-align: center;"></div> <p>-Pick one meal time to document for this week (breakfast, lunch, dinner). -Explore Canada's Food Guide 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. -Document the meal you have chosen each day. Ensure to note the portion sizes of each food group. -Write a paragraph to explain what part of this meal each day follows the Eat Well Plate 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>Extension: -Visit the Eat Well Plate webpage. -Create a healthy meal plan for one meal in the day (breakfast, lunch, and dinner). How will seasons and your location influence your food choices?</p>