


Physical and Health Education – Weekly Health Journal

Curriculum: Physical and Health Education	Learning Goals: -Identify factors that influence healthy choices and explain their potential health effects. -Investigate and analyze influences on eating habits.
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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). -Explore Canada's Food Guide to understand and review -Identify the potential influences in your life that impacts 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. -Visit the Eat Well Plate webpage. -Create a healthy meal plan for one meal in the day (breakfast, lunch, and dinner). -How will personal preference, cultural heritage, and your location influence your food choices? -What other influences can you identify that will impact your eating habits?