


Physical and Health Education – Weekly Health Journal

Curriculum: Physical and Health Education	Learning Goals: -Identify and explore a variety of foods and describe how they contribute to health.
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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>-Listen to I Will Never Not Ever Eat A Tomato by: Lauren Child -Ask: What foods do you think you should eat to be healthy? -Talk about what foods are healthy (e.g. fruits, vegetables, grains, dairy, proteins) and not healthy (e.g. candy, pop, chocolate). -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. -Draw and label the foods that are identified each day this week.</p>