


Physical and Health Education – Weekly Health Journal

Curriculum: Physical and Health Education	Learning Goals: -Explain the relationship of healthy eating to overall 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>  <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 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 Eat Well Plate guide. What food or portions can you add or remove to create a healthier meal?</p> <p>Extension: -Visit the Eat Well Plate webpage. -Create a healthy meal plan for one meal in the day (breakfast, lunch, and dinner).</p>