

Healthy Lifestyle

A HEALTHY LIFESTYLE is the way a person lives to help keep his or her mind and body free from illness and harm.

LESSON 1

Read the definition of **HEALTHY LIFESTYLE**. Explain that one of the best ways to maintain a healthy lifestyle is to eat well-balanced meals. Draw a pyramid (triangle) on the board. Call on students to name each food group that comprises the food pyramid. (grains, vegetables, fruits, oil, milk, meat and beans) Invite students to come up and divide it by the approximate proportions of each food group suggested for daily consumption by the USDA. As time allows, have the students create a menu for breakfast, lunch and dinner that indicates a well-balanced diet. As an extended activity, have students research the benefits of using the food pyramid at the following USDA website: www.mypyramid.gov and share their findings with friends and families.

School/Home Link - Tell students to share with a family member the food groups that make up a healthy menu.

LESSON 2

Review the definition of **HEALTHY LIFESTYLE**. Explain: **Part of having a healthy lifestyle is eating foods that are good for you.** Read and write the following riddle on the board: ***Don't fill your diet with donuts and pies. Choose healthy foods and exercise.*** Ask students to repeat the riddle. Encourage students to remember the riddle when they are tempted to eat something that is not healthy. As time allows, have students illustrate the riddle or add another line to it. Display their work if possible. As an extended activity, have students keep a food journal for several days and evaluate if the foods consumed each day were healthy or not. Suggest they calculate how many calories they consumed at the end of each day and determine how many of those calories were healthy calories.

School/Home Link - Tell students to recite the riddle to a family member and discuss why it is important to have a healthy lifestyle.

LESSON 3

Review the definition of **HEALTHY LIFESTYLE**. Ask students the following questions: **How much sleep did you get last night? Do you feel rested and energetic? How do you feel when you do not get enough sleep?** (Allow time for brief discussion) Explain that getting adequate sleep is necessary for growing, healing from sickness, and to maintain the brain's ability to work and remember important information. Read: **"One healthy action doesn't make you a healthy person."** Emphasize that it's important that healthy behavior is practiced throughout a person's life. As time allows, have students tell what this quote means in their own words. Encourage students to practice a healthy lifestyle. As an extended activity, have students work in groups to prepare a short skit to depict the consequences of not living a healthy lifestyle.

School/Home Link - Tell students to ask a family member to practice a good nightly routine to ensure a great night's sleep.

LESSON 4

Review the definition of **HEALTHY LIFESTYLE**. Review and discuss the importance of respiration. Ask students to define respiration: The act of inhaling and exhaling or breathing. Ask students to hold their breath for 5 seconds. Remind students that without respiration your brain is deprived of oxygen, and it cannot function properly. Brainstorm with students the health risks that are evident when someone smokes. Ask: **Since oxygen is so important to good health, should it be mixed with the nicotine and other particles found in smoke?** Explain that now is the time to make a commitment to avoid smoking. As time allows, have students create an anti-smoking poster to display in the classroom.

School/Home Link - Have students discuss the importance of not smoking with a family member.

LESSON 5

Review the definition of **HEALTHY LIFESTYLE**. Emphasize the importance of exercise in maintaining a healthy lifestyle. Brainstorm with students to identify household items that can be used to set up a "home gym." Examples could include canned foods, which could be used as weights, stairs or steps that can substitute for stair machines, a hallway that could substitute for a treadmill, etc. As time allows, ask students to create a **Move It Movement** by listing things they can do every day that adds activity to their routine. Examples could include:

- **Instead of sitting through TV commercials, get up and move.**
- **When talking on the phone, lift weights or walk around.**
- **Taking stretch breaks during computer time.**

Have students continue the list as time allows. When complete, have students share the **Move It Movement** with friends and family members to promote a healthy lifestyle.

School/Home Link - Have students create a **Move It Movement** at home with family members.