

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**. Write the following words on the board: **Well, Strong, Sick, Fit**. Read the words aloud and ask which word does not fit. Ask students to *Think - Pair - Share*: (think about the word that does not describe a healthy lifestyle, then, turn to a neighbor and share thoughts.) Confirm that the word “Sick” does not belong and put an “X” across the word. Call on students to tell why it does not belong. Brainstorm with students to identify ways to keep their bodies healthy, and list responses on the board. Explain that the meaning of “healthy lifestyle” is to practice everyday habits that will keep them well, strong, and fit. As time allows, have students describe their “lifestyle” and ask the class to give a “thumb up” if it describes a healthy lifestyle.

School/Home Link - Ask students to share with a family member the meaning of healthy lifestyle and make a list of healthy habits to practice at home.

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 jingle. Encourage students to remember the jingle when they are tempted to eat something that is not healthy. As time allows, have students illustrate the jingle or add another line to it. Display their work if possible. As an extended activity, have students keep a food journal for one day and evaluate if the foods consumed were healthy or not. Suggest they calculate how many calories they consumed at the end of the 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**. Write the word “**HEALTHY**” vertically on the board. Tell students to use each letter in the word to create an acrostic poem by writing the word “**HEALTHY**” in uppercase letters down the side of his or her paper. Have students think of ways to have a healthy lifestyle, and use the letters in the word “healthy” to fill in their thoughts. Include ideas such as: eating vegetables, taking the stairs, drinking plenty of healthy fluids, getting enough sleep, etc. As time allows, have students read their acrostic poem aloud.

School/Home Link - Ask students to use the letters in a family member's name to make an acrostic poem about healthy lifestyles and ask a family member to do the same.

LESSON 4

Review the definition of **HEALTHY LIFESTYLE**. Inform students that having strong bones is important to having a healthy lifestyle. Write the word “**Skeletal**” on the board. Ask students to tell what it means. Write the following sentences on the board: **“The human skeletal system is made up of 206 bones. Proper diet and exercise are important to build and keep strong bones.”** Invite students to describe activities that help build and keep strong bones. Examples could include eating foods such as milk, cheese, nuts, and dark leafy vegetables. Ask students if they know what other factors contribute to having healthy bones. As an extended activity have students to research which vitamins and minerals are essential to develop strong bones. Encourage them to share the results with a family member.

School/Home Link - Tell students to ask a family member to create a chart to include activities that would keep bones and muscles strong.

LESSON 5

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 help you practice a good nightly routine to ensure a great night's sleep.