



Co-funded by the
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Health to meet you

2019-1-CZ01-KA229-061152

Health dimension:

- Healthy lifestyles
- Screen use
- Environmental factors
- Accessing advertising
- Healthy diet
- Doing sport

Name of activity: **Healthy me Checklist**

Description of the topic: This lesson helps young people understand how living a healthy life has to do with more than just what they eat. Healthy living requires following certain habits and routines each and every day. The youth will identify the things they each do personally to lead to healthy lives.

Initial assessment: Students are not aware that a healthy lifestyle is NOT just eating healthy or doing sports, but is a big puzzle with multiple pieces.

Objectives of the activity: To live a healthier life.

Target group: grade 5 students

Activity process structure, implementation: Students get a checklist they need to tick of every day. They circle the face, that describes their day the best and should strive to have as many happy faces filled in as possible.

Equipment, aids, tools: Worksheet “Healthy Me Checklist”

Expected results, assessment: The students will reflect on their well being and also learn, that a healthy lifestyle is more than “just” sports, diet, etc.

Ressources: <https://healthpoweredkids.org/wp-content/uploads/2015/08/HealthyMeChecklist11.pdf>

Healthy Me Checklist

Directions: Each day take time to review the sentences below and have your child circle the face that best describes their day. Strive to have as many happy faces filled in as is possible.

Today is: Monday Tuesday Wednesday Thursday Friday Saturday Sunday

I am healthy because...

- | | |
|---|---|
| I drank plenty of water.. . . . ☺ ☹ | I got plenty of sleep.. ☺ ☹ |
| I exercised my body. ☺ ☹ | I ate vegetables today. ☺ ☹ |
| I drank milk today. ☺ ☹ | I ate fruit today. ☺ ☹ |
| I ate meat or beans today.... ☺ ☹ | I ate breads/grains today.. . . . ☺ ☹ |

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