



ThinkHealthy I know what being healthy means.

1 ACTIVITY

Think Healthy Thoughts

GRADE LEVEL:
Intermediate

TIME:
45 minutes

GROUPING STRUCTURE:
Whole and small group/independent

SUBJECTS:
**Health
Science
English Language Arts –
language, listening, and
speaking
Physical Education**



Objective

Students will examine the meaning of the term being healthy and how it relates to eating right and being physically active.



Materials/Preparation

Classroom Materials

- Chart paper (eight pieces)
- Crayons, colored pencils, and/or markers
- Blank paper (one sheet/student)
- Sticky notes (three sticky notes/student)



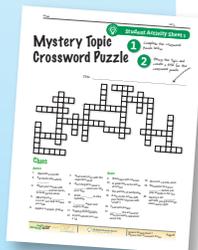
Provided in the Healthy Steps for Healthy Lives Kit

- MyPlate poster



Before the Activity

- Post poster
- Copy Student Activity Sheet 1 on page 9 (one copy/student)
- Record the Word Cloud Example onto chart paper and post
- Post blank piece of chart paper

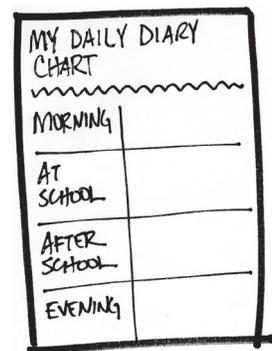


Opening the Activity

1. **Tell students they will be completing an activity that will help them learn about a very important aspect of their lives.** The topic is a mystery that they have to solve through the clues provided by the next few things you are going to ask them to do.

2. Have students create a Daily Diary Chart.

- On a blank piece of paper, have students create a chart with two columns and four rows.
- Label the boxes in column one: "Morning," "At School," "After School," and "Evening."



3. Ask students to record information about their day.

Students will think about the activities they participate in during each of the time periods on the chart and list the information in the column next to each time period.

4. **Have students set the completed writing assignment aside.** Tell students that they will be using the writing assignments again shortly.

5. **Direct students to complete Student Activity Sheet 1.**

6. **Discuss the completed crossword puzzles.** Ask students what they think the topic of the lesson is based on the crossword puzzle. Guide the students as they share their thoughts. The crossword puzzle consists of words and phrases that have to do with being healthy.

7. **Have students think of their own title for the crossword puzzle and record it at the top of Student Activity Sheet 1.**

8. **Tell students they will be examining what “being healthy” means.**



Leading the Activity

9. **Refer students back to their Daily Diary Charts.** Ask students if any of the words and phrases on the crossword puzzle were mentioned on their charts and discuss.
10. **Direct students to read through their charts and highlight words or phrases that describe activities or decisions that have to do with being healthy.**



11. **Introduce the Healthy Steps for Healthy Lives MyPlate poster.**

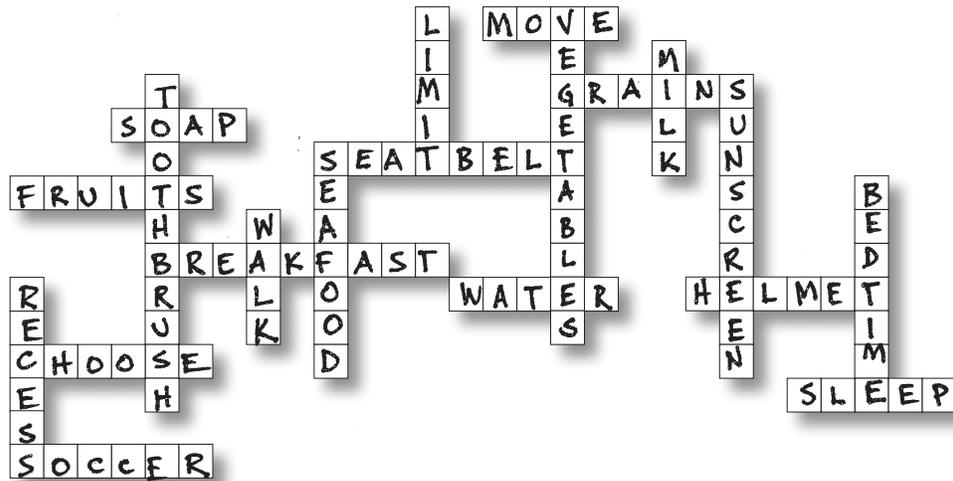
- The poster is a tool to help us learn how to think, eat, and move healthy.
- There are pictures, symbols, and messages that tell us about nutrition (which means eating healthy) and physical activity (which means moving healthy).
- The poster reminds us to choose healthy foods from the five food groups, to limit foods with added sugars and solid fats, and to be physically active for at least 60 minutes every day.

12. **Ask students to think to themselves about what being healthy means.** Give each student three sticky notes.

- Pick three words or phrases that come to mind the most when you think about what it means to be healthy.
- You can use the Student Activity Sheet 1 and your Daily Diary Chart for ideas.
- Write one word or phrase per sticky note.



Student Activity Sheet 1: Answer Key



13. Collect the sticky notes as students finish. Quickly group similar words or phrases together and count the number of times each word or phrase is mentioned. Record the information on a piece of chart paper, post, and share with students.

14. Explain what a word cloud is using the Word Cloud example chart.

- A word cloud is a diagram of words related to a topic. In order to demonstrate the frequency with which the words are emphasized in a certain text or set of data, the words are displayed in different font sizes relative to the amount they are mentioned.
- Words can also be creatively displayed in the diagram by using different font colors, styles, and orientations.

15. Divide students into six small groups.

Give each small group a piece of chart paper to create a Word Cloud that shows what being healthy means to the class.

- Your word cloud should show the frequency of the health related words or phrases mentioned on the sticky notes.

Word Cloud Example



Closing the Activity

16. Post and discuss Word Clouds.

- What can our Word Clouds tell us about what we think being healthy means?
- What can our Word Clouds tell us about the things that are important to know about being healthy?
- Do you think any important words are missing from the word cloud?
- Is there a way our Word Clouds can help us figure out what our goals should be for being healthy?
- Ideal response: A smaller or missing word or phrase could tell us that we need to learn more about or do more of a behavior.

Modifications/Extensions

- Extend the lesson by displaying and/or making a class book of word clouds. These can be used to conduct health vocabulary activities.
- Extend the lesson by having students create another type of word puzzle using the healthy behaviors they have discussed (i.e., word search or word scramble).
- Integrate technology by having students create their word clouds using a publishing/design program on the computer or a web-based application for creating word clouds.



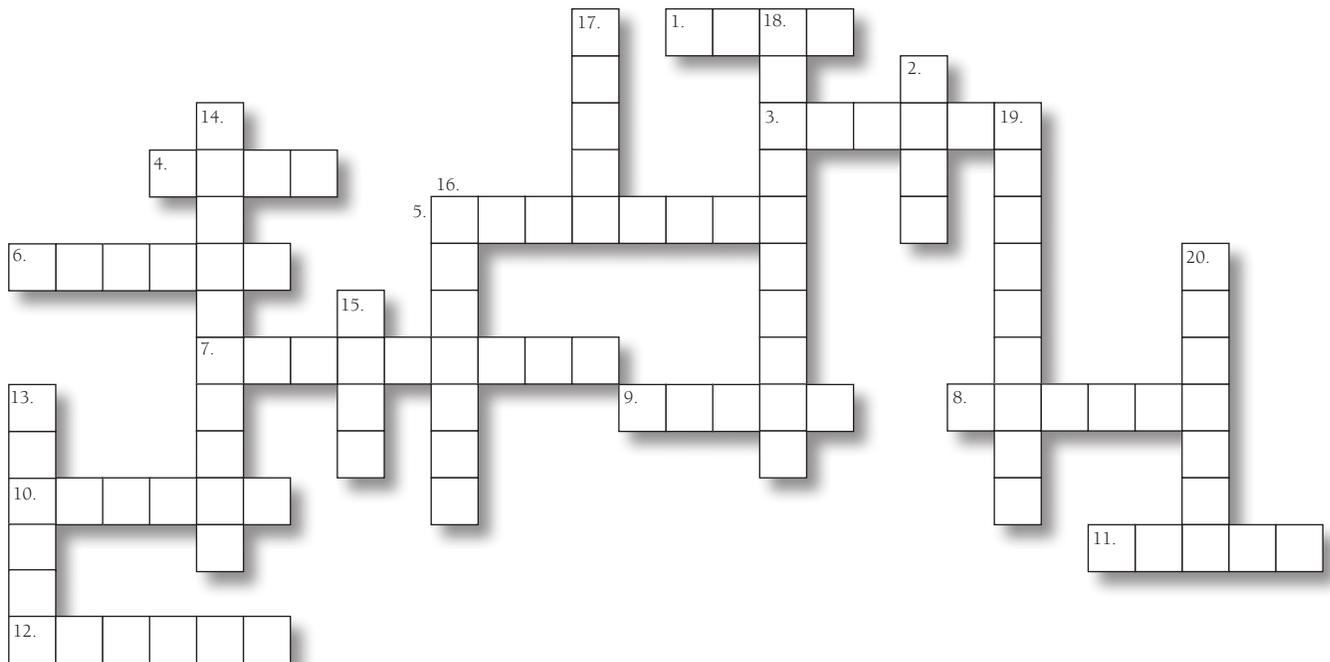
Student Activity Sheet 1

Mystery Topic Crossword Puzzle

1 Complete the crossword puzzle below.

2 Guess the topic and create a title for the crossword puzzle.

Title: _____



Clues

Across

1. Opposite of sit still
3. Eat foods with whole _____
4. Wash your hands with _____ and hot water to keep germs away
5. Wearing your _____ in a car can help to keep you safe
6. Apples, oranges, grapes

7. Start every day with this important meal
8. Don't forget to wear a _____ when you ride your bike
9. Drink _____ to stay hydrated
10. _____ water over sugary drinks
11. Getting ZZZZZZZZZs
12. A sport where you run a lot

Down

2. Beverage with calcium
13. A great time to be active at school
14. The partner of toothpaste
15. A way to be active with your family (rhymes with "chalk")
16. Food with protein
17. _____ the amount of time you watch television every day
18. Broccoli, carrots, peas
19. Remember to put on _____ before you play outside in the sun
20. Having a set _____ will help you get enough sleep every night